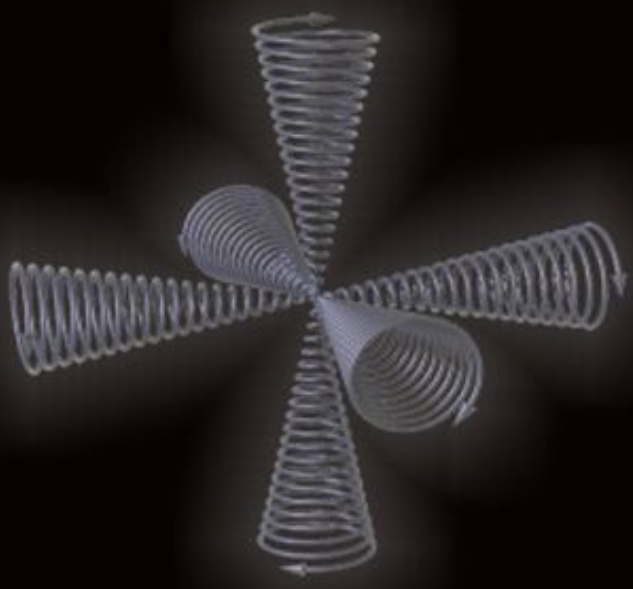
Serena Alba

GEOMETRY OF THE DIVINE SPARK 2

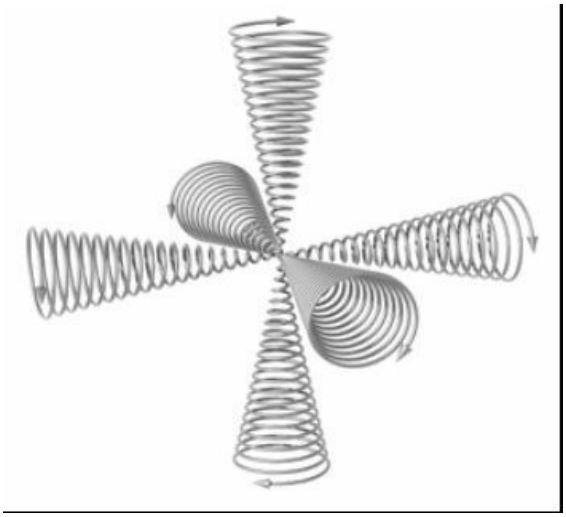


The formula of creation
The geometry of the mind
How the human mind creates energy

Serena Alba

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OF THE DIVINE SPARK 2

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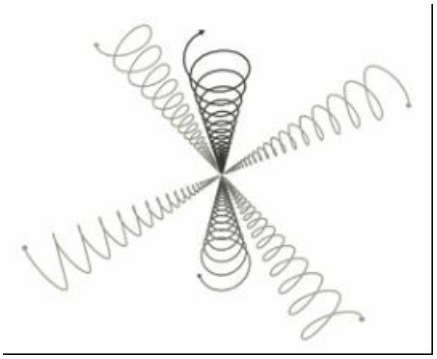
GEOMETRY OF THE DIVINE SPARK 2 - *The formula of creation - The geometry of the mind - How the human mind creates energy*
by Serena Alba

English translation by: Janko Paravić

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November 2012

FOREWORD

When I published in 2006 my discovery of the *geometric structure of the human mind* and of *positive and negative energy as the essence of the mind and of everything that exists*, I thought I had nothing to add to those cognitions, nor did I think about a follow-up book. I had no idea either about the reception of my first book, about whether anybody would want to read it and, most of all, apply it practically in order to change and improve his/her life. Already at that time I was convinced, on the basis of exact empirical evidence, that my discovery of the geometric structure of the human mind was completely true. I could not know whether the time had come for other people wanting that and being capable of understanding that as well, but I believed that the time had come for such a revolutionary understanding of the essence of the human being. Six years later I can say that the assumption turned out to be true. The book has become a best-seller in Croatia, and the blog which I communicate with my readers has many visitors. Of course, it is not a mega-hit, but it would not be realistic to expect that, not yet anyway, considering that this is very demanding subject, a theory which radically changes the basic understanding of the human mind, of the human body and biology, of our psyche, of the cause underlying all diseases.

Thus, you now have in front of you the *Geometry of the Divine Spark 2*, which came into being in a totally unplanned way, made of the articles I published on my blog while I explained, in greater detail, to my readers the things they had not understood well and, most of all, while I explained how to activate positive energy through practical advice. Of course, in my mathematically, geometrically founded theory of the mind, the definitions of positive and negative energy are not arbitrary or metaphoric. They have a foundation in quantum physics, in one of the two basic properties of matter/energy – the particle/wave (spin). As practice has shown, people have conceptually grasped the essence of my theory, the definition of positive and negative energy, the diametrically opposite impact of one or the other on the formation of the human being, his intelligence and morality, and the entirely new definition of love deriving from it. However, things founder over practical application. Such a revolutionary understanding is not merely something you read and then shelve. The essence of a theory lies in its realization, in your applying it in your life. Nobody is satisfied with his/her life in the world in which we live. Nobody is sure that he/she is doing the basic things in life properly because life, experience and human relations show us that something is fundamentally wrong. If you are

sincere you can't deny this. The readers of the first book understood that the geometric definition of the mind which creates the positive energy of creation and love (whereas in ignorance the mind activates the negative energy of theft and aggression) was worth their effort, they understood that they finally had in front of themselves a clear and defined choice between good and evil, truth and lie, and that the experience was worth its while, and that so were the endeavors to realize that in your life. The results are there, the rewards for one's effort are coming in, the theory has been proven true. But the obstacles are also great, and overcoming them calls for quite a lot of know how. One needs to reinterpret most of what humanistic sciences have been teaching us about man, most of what we know about the biology of the human body, most of what is being claimed in medicine and in psychology. That is precisely what I intended to do in this book – reinterpret some of such basic perceptions in those sciences and, consequently, in philosophy and even quantum physics. I announced that intention in the after-word to the first book. However, the experience of my readers and their interest in the practical activation of positive energy induced me to change the conception.

In simple words, in order to understand my "philosophizing" on major themes you need to change your mind substantially by using positive energy. That is why I am going to realize the concept from the preceding passage in my following books. Moreover, I respect your experience which has shown that activating positive energy is not easy, and that's why I have spared no effort in writing about hundreds of details, and about major themes which will additionally help you in achieving you goal.

However, I must admit, with a note of regret, that after 10,000 comments over six years of blogging only a few readers appeared to indicate that they have really and completely understood that beautiful theory about the *geometry of the mind* which I have presented. Therefore, not out of self-praise, I must say that every day I am overwhelmed by enthusiasm about this theory of "mine". I have used the quotation marks because it is not mine – for some strange reason it occurred to me, that's all. How to avoid being enthusiastic about the beautiful dynamic geometry of six double cones in the three-dimensional coordinate system which describes our mind. Look at the drawing on the cover. That geometry is the thought. The thought that creates itself, the thought that at the same time creates energy and, therefore, creates the whole phenomenal world, including its own body, its own brain as its material seat. The thought which is so harmonious, balanced, centered in itself that it can only create, that it can only love, that it can understand everything correctly. The thought of creation, love and goodness. So the thought got the main role which it deserves. No emotion can match it. Animals also have emotions. They also have some

indications of imaginativeness. But only man has the developed mind, the mind is his basic feature and that is why it must be in the central position, at the origin. The mind, the geometrically structured mind I am defining is not without emotion. There is only one emotion left to it, the only one we need – love. Everything is in its proper place.

If that was only a fantasy or – and that is one and the same thing – a fabrication, it would not require more words or books. But that is not the case. Fabrications cannot produce such positive, deep and revolutionary effects, real effects in the material but also in the mental sphere. This geometric structure of the mind as the theoretical foothold and its real functioning have been demonstrated by the strongest piece of evidence – by experience. Mine, yours. I am trying to transfer my enthusiasm to you, stimulate you to think about this geometric harmony. The last chapter of the book describes this once again in greater detail. In fact the last chapter in this and in the first book is identical. It is the essence of the theory about the geometrical structure of the human mind, and the essence of its basic property, i.e., the creation of positive energy. I said everything in that chapter and that is why you have to read it time and time again. All the rest are additional explanations.

Unlike the first book which has a white cover in accordance with the theme of positive energy creation, this book has a black cover. On both books the title, GEOMETRY OF THE DIVINE SPARK, is written with the same letters of the same color because the “geometry of the divine spark”, that is, the creation of positive energy, is still our main theme, but in this book I have placed emphasis on STOPPING, CANCELLING NEGATIVE ENERGY. Techniques like the “black sheet” and the “press” (which also contains the “black sheet”), are used for that purpose, and you will find the respective text about the “press” already at the beginning of the book. Without the “black sheet”/the “press” we could not stop negative energy, and if we do not stop negative energy we CANNOT activate positive energy. Some readers have not understood that, or have not understood it to a sufficient extent. I also stressed that topic very energetically in the first book, but the point apparently escapes some people. This is why this book places emphasis on this procedure. Hence, in keeping with this, the black cover – the “black sheet” as the basis.

In relation to the cancelling of negative energy I will just briefly mention a topic I have not discussed explicitly so far, and that is – evil. What is evil? In the past history of human thought we are doing not too well, either, with the definition of this everyday idea. After everything you have read in the first book I may now permit myself a very brief definition – evil is negative energy. Negative energy as I

have defined it in terms of the direction of spin, because it revolves in the opposite direction with respect to positive energy, and does not have a complex geometry – it is a one-way, imbalanced force. In geometric terms the definition of negative energy literally follows the meaning of the ideas of good and evil – good and evil are absolute opposites, negative energy spins in a direction that is totally opposite to the direction of positive energy spin. One day I will also write a long text about, because all our cultures on the planet are too conciliatory when evil is concerned. There is no compromise with evil, you are always a loser, and evil is stronger if you don't challenge it. What has bothered us so far is the experience that evil can only be opposed with sufficient force with evil means. That way you even unwillingly become evil. Everybody is a loser, and evil only gets stronger. But evil grows unstoppably stronger if you don't overwhelm it, if you close your eyes, ears and mouth and submit, and that has always been the gist of our experience, also in our time, in our crazy time in which nobody is happy. We have lost our illusions and don't feel like creating new ones. We have learned that much from history.

Even in this really brief review of evil I must explain two very ingrained and absolutely false definitions of evil. According to one of them, evil maintains balance with good and is therefore an indispensable and integral part of creation. According to the second, without evil we would not know what is good, and evil thereby becomes an integral part of the definition of good, of good itself. Both are absolutely wrong. Look again at the totally developed geometry of the divine spark on the cover. It is very clear, at first sight, that the structure contains total balance within itself and need no evil (or anything else) to "balance" it. Even the graphic representation clearly shows the absurdity of the claim about the alleged balance which would make evil necessary. We can very clearly represent, in graphic terms, that a force spinning in the opposite direction as compared to positive spin (in the geometry of the divine spark), that is, the force of evil (negative energy), is capable of destroying that beautiful, completely harmonious structure. Only destroy, never balance.

Negative energy is the history of our planet and the description of each individual life. At this point we certainly have to ask ourselves – why did evil turn up at all? And again everything will be perfectly clear if we remain at the abstract level, at the level of geometry and physics - anything that spins in a specific direction can very easily spin in the opposite direction in specific circumstances. That is plain physics. Which are the circumstances in which "things" take the opposite, evil direction? Let us now turn to the other level of abstraction, to the overall level of the most powerful living being on this planet with his body, psyche, emotions, to the level of mankind: along with a million minor conditions, the main condition underlying the

evil direction is – ignorance. Ignorance of Good, ignorance of the essence of Good. If you don't know what is Good, the essence of good, as defined by the "geometry of the divine spark", any devil can convince you that the direction of spin of your energy (double spiral) is irrelevant. I explained that fallacious definition of opposition and balance in the first book, in the chapter on "Metaphysics of the double spiral". Read it once again so that I don't have to repeat it now. After this explanation, I don't see any point in refuting the second attitude, i.e., "without evil we wouldn't know what is good". That would be a negative circular definition. When we know what is (absolutely) good, evil really serves no purpose whatsoever.

In terms of energy laws, in terms of physical laws evil is simply – a possibility.

All energy and all matter spin at the subatomic level; that is the basic movement, as understood by quantum physics. And quantum physics believes that the direction of the spin and the structure of the spin are irrelevant. In my first book I demonstrated that this is not irrelevant, especially not in the living world and especially not for all beings with a mind. The direction of spin and geometric structure define good and evil.

For any progress we need knowledge: the more we proceed in time, the more sophisticated it gets. This means knowledge accumulated by human civilizations bit by bit, redefined, corrected, expanded for thousands of years. Although I am arguing that negative energy, evil, prevails on the planet, I have in mind the quantitative aspect. In qualitative terms, as a species we have also succeeded in maintaining the bright and the positive. Since the start of civilization the greatest minds have maintained our potential for progress and development by creating culture, science, the holy writings of all religions. All this makes up knowledge which keeps expanding Good, lead us toward Good. Even when we change it, at the preceding level it took us a step forward. As a species we have never lost the desire and passion for truth and knowledge. That is the best from us and in us.

Evil is a possibility – one that should not have been realized. But we did realize it because we have not understood the essential difference between good and evil, and that difference is to be found at the energy level. Thus evil has become our reality. Now we need to create a new reality – because we can do it with genuine knowledge, with the creative mind.

A conscious person that knows what is good (and, therefore, also knows what is evil), that possesses the knowledge about the essential or absolute good, will not permit the realization of the possibility of evil in himself.

And he will achieve that by activating his energy in the positive direction, by continuously creating energy, positive energy.

With the knowledge about Good explained by the theory about the geometry of the divine spark we have found ourselves in a world in which negative energy, evil prevails. That complicates our situation. That is why only activating positive energy is not enough, we must first stop negative energy, we must stop evil. In our world evil is not only a mere possibility, it is prevailing reality; even worse, it is present in all of us, contrary to our wishes and intentions. That's why we need the "black sheet". Not only do we need it, we cannot do without it.

But there are people who do not want that knowledge. Either they are under-educated, or arrogant, or their mind is limited in a hundred other ways... and they can't, more precisely don't want to understand what it's all about. They are still controlled by negative energy. That is precisely the case, they are not their own masters, negative energy is their master. And we, who have chosen positive energy, who have chosen it consciously, who have arrived at genuine knowledge in one way or another, must cope with them. Our position is totally screwed up, to use an ugly word inappropriate for a serious text... but I am using it to express as impressively as possible the vileness of our situation. And after you have read the first *Geometry…* I believe you will not contradict me. But now we do have the knowledge about positive and negative energy. We have some new knowledge! The sun rises again! And, again, "plain" physics tells us that we need to stop negative energy in order to be able to activate positive energy in that complex geometric 3D structure shown on the cover. Nobody will get hurt, we shall all fare better.

The strange techniques which I have given such funny names – "sword", "black sheet" and "press" – deserve your full respect because, for the first time in history, the victims of the attack have been given a way to defend themselves, a way that always and absolutely makes them stronger than aggressors without making them aggressors... Indeed, by defending themselves they will also help the aggressor. And that is a basic moral requirement we have not been able to realize so far although the best minds in the history of mankind formulated it a long time ago. Unfortunately, even the "black sheet"/"press" do not offer defense from negative energy in a single move... the process takes time. First of all, it takes time because the enemy, the aggressor, negative energy, is within ourselves, it is the Trojan horse because of which our fight takes such a long time. And this, the second *Geometry…*, discusses the point in detail...

“No. 2” has come into being as a discussion on the blog, and that is why my style, this time, is very easy-going. You should not in any way interpret this as lack of seriousness because I am always writing about serious things, explaining and arguing them with empirical evidence, data and theses derived from different sciences which – to be sure – I interpret in a totally different way such as, for instance, in the text about the “common cold” at the end of the book. I always appeal to your reason; I elevate that reason about all doubts tormenting us so often when its credibility is questioned – because with positive energy we can fully trust our own reason, the basic attribute of humaneness. Thus, we often run across claims – in different areas of life and even in some allegedly scientific approaches – that reason “oppresses” us, that we need to get rid of it, give in to certain impulses, to intuition, that we need to believe our heart and not our reason... All the attitudes of this kind simply express doubt regarding sick reason obsessed by negative energy, because that is our reality. Until now such doubts regarding reason had a ground. However, the suggested solutions of the problem are not good – again because of the lack of proper understanding of the problem and, consequently, of knowledge about ways to eliminate it. But that is no longer the case, positive energy elevates out reason to the supreme position which it deserves.

Most of book is made of texts I published on my blog in 2008 and 2009. I did not respect the chronological sequence completely and I also inserted later texts, especially at the end of the book. That way I produced a logical whole for your practical progress in the activation of positive energy (and stopping negative energy) at this second learning stage, to call it that way. The texts were written as I additionally explained some points the readers had not understood and asked for clarification in their comments. In some cases these were things mentioned in a sentence or two in the first book, and now I devoted several articles to that. Moreover, your experience provided new details, new themes which had to be explained in this, my new way based on the theory and experience of positive energy. A long-standing colleague of mine, a highly educated man with a Ph.D. in humanistic sciences, sent me a number of eulogies for the first book and then, after only a few days, sent me an e-mail saying “but that’s only a manual, an instruction for use”; the dose of disappointment was clear. I answered telling him that he obviously failed to understand the essential points because he did not start his positive energy, that he reacted from his educated mind obsessed by negative energy just like anybody else’s, and therefore necessarily superficial. I am mentioning this example because some people may find the texts in this book too difficult as far as understanding is concerned; conversely, some educated people, used to complicated sentences full of technical phraseology (or, in other words, unnecessarily incomprehensible) preferred by specialists in this or that field, may find them too

simple – and that would appear to sound like a disqualification. As I told my colleague, the latter will be wrong because their arrogance (negative energy) does not permit them to become absorbed in the essence of what I am saying and to apply practically the knowledge I am presenting. As for the former group, if they give it an additional try they will understand what I am saying; that is, if they continue to focus on energy as I have also explained additionally in this book, they will get the message because their intelligence will grow along with their curiosity, and they will read new books, acquire new knowledge, and all that will allow them to fully understand my texts. As a matter of fact, both the less and the more educated will meet the same problems in activating positive energy when they find themselves on practical ground. This is why the second book, made up and written this way, fulfils its main role – and that is helping you to continue activating your positive energy successfully, to live positive energy. And I am doing that by explaining experience and the difficulties, and by deepening the understanding of the theme. I shuttle continuously between theory and "instructions for use", and I am convinced that this is an excellent combination.

I have cut down the number of readers' comments by 90%. I simply had to do it because otherwise the book would have been too extensive. But there are still enough left, and they are worth reading. Although I only published 10% of the comments, I rarely abridged the texts. I published them in their original form. Similarly, I rarely did any editing and only limited my interventions to cases that caught my eye. This way the comments kept their documentary value.

Finally – to return to the "instructions for use" – a totally practical piece of advice: if you apply the "merry magic" strictly in line with instructions, you will experience all kinds of improvements in your life – experiences resembling those described in the comments of the readers published here. However, in spite of certain improvements in various walks of life, as often as not you will feel that you are not controlling your energy; you will read about such experiences in the published comments, and that was also initially my own experience. The basic point is that this will pass if you continue to do the "merry magic" regularly. And here's the explanation: we experience the energy level as something new in terms of feeling, understanding and observation. It is us, it has always been us, but we did not know anything about it. This really calls for training and getting capable of feeling and understanding oneself at that level. All our sense need to be taught how to observe, how to learn to understand the very subtle signals from that level. As you have experienced, that is not so simple. This is also partly due to the fact that you have been learning, all your life, certain false interpretation of yourself and of everything that is happening to you. Everybody around you taught you that, science included.

This is why you need to correct and totally reinterpret most of the things you thought you knew about yourself. You should not find this undesirable because, after all, you were not satisfied with all that knowledge. Then, the body is greatly convulsed because of negative energy. And so is the mind. Positive energy gradually relaxes the convulsion and restores the flexibility and functionality of all the tissues, but also of the mind. This is a very gradual, self-regulatory process because we could not withstand a faster one. This way your physical condition and your feeling of your body change. You need some time to learn how to feel and observe that. But the change continues all the time you proceed from one phase to the next, and you need to learn, all the time, how to feel and observe yourself at a different level. Some pains stop, others wake up very slowly as the tissues gradually relax. So, when a pain disappears, you feel your body in a different way and you think you can reduce the frequency of energy work, of the "merry magic". That is wrong. You need to do the "merry magic" continuously even when you think you are doing fine. You have only dealt with one problem, and there are many others queuing up and waiting for a solution. As you learn to notice, feel a new pain, at the same time some old pain disappears, and because of that you do the "merry magic" less frequently. Because of that negative energy will again grip you with all its might, and you are in a crisis. Your mind also faces a crisis and you begin to feel despondent. You will again resolve all that by regular practicing of the "merry magic". Therefore, when you are faced with such conditions, simply remember this piece of advice. I have singled it out at this point, although it will be discussed a lot in the book, because that is the most frequent crazy stumbling block. As a matter of fact, there is nothing terrible about it. The only point is that the brain, confused again by negative energy, can't remember this simple point that the crisis is no bogey man and that you can easily get out of it by stopping negative energy in the well-known way and by activating positive energy, i.e., by doing the "merry magic" – but every hour or two, and not merely twice a day. Not that I haven't made this point a million times, as you will see in the book, but I see I need to repeat it time and time again. That is the extent to which everything that happens with positive energy is – new to you.

But let's cut this foreword story short – enjoy the book! And don't forget – the devil is in the details!

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Wednesday, February 7, 2007

Nothing if you're not really smart

... *Will the human brain ever be able to grasp the secret of quantum physics, secrets which troubled even the greatest physicists of the nineteen nineties. In his excellent book The Cosmic Code the theoretician Hans Pagels presented the idea that the human brain did not achieve, in its development, the degree required for the understanding of quantum reality. Maybe Pagels was right...*

I am quoting Leon Lederman, the quantum physicist, Nobel laureate and author of *The God Particle.* I have come across a similar question several times in references on quantum physics. Whoever has been reading my posts carefully will know that I answered that question in my book, in the chapter *The Negative Mind and the* Power *of Understanding.* If our energy is negative, we understand everything the wrong way – ourselves, others and the entire Universe, even at its quantum level. Moreover, we are often convinced that only we are right, we lack flexibility or readiness for listening, we lack creativity. If you were to say that some people are "like that", thinking of their "character traits", you would be completely wrong. You get such properties from negative energy, and when your energy is positive,

nobody has such a “character”. And not only that, I will say it briefly, simply and ruthlessly: when our energy is negative we are STUPID. The higher the degree of negativity, the greater the stupidity. At some other point I put it more nicely and said that we are – confused, vitally confused. I softened it under the influence of an excess of consideration – but to put it bluntly what is involved is stupidity. This is associated with various illusions: if you have learned or crammed a lot of facts and a lot of laws on how certain sequences happen, you’ll be able to spin it all skillfully and feel that you are doing something very professional and intellectual. Within the scope of what you know you will really be able to move skillfully, and even be useful to an extent. Yet, you will feel, at least occasionally, that it all looks rather hollow and empty. In the “queen of science”, quantum physics, they could not fail to note that they have not progressed much over several decades (as opposed to the great achievements of the early twentieth century from Einstein to a host of the early quantum physicists). Somehow, they are not creative any more and they simply fail to grasp something they have known for a long time – that they are facing the next major step. This does not happen only to quantum physicists, it happens to all of us. They were the only ones that had the guts to admit it.

On the other hand, the proper understanding of oneself, or others and of the Universe conditions our physical and mental health, and the bond with our soul or our “higher self”. Therefore, positive energy conditions the proper understanding (of anything), and proper understanding leads us to love, joy and happiness, expressed in terms of the ultimate goals each of us would like to achieve. I will repeat it many times: this proposition, and others I am presenting, have been tested through the experience of a sufficient number of people, it is a rule with no exceptions (truly amazing!), and this is why I am asserting it so resolutely.

This is the introduction to today’s post intended primarily for those who started to spin their chakras and thereby create positive energy. As I announced, I am answering the comments of two lady bloggers who had, as they thought, specific problems that developed some time after they began to spin their chakras.

I did not develop that theme in my book because I did not want to suggest any problems; moreover, even at the manifestation level they may appear to be very different while being identical at the energy level. The quantity of problems you meet when setting off positive energy depends on the number of problems you have crammed, repressed into your unconscious and hence into your body as well. And it also depends on how fast you raise the frequency of your energy: if your positive energy grows rapidly, the accumulated negativity (problems, disease) will surface more quickly, and that may look eruptive, confuse you and even cause fear. But you

will also feel the positive result more quickly along with all kinds of improvements in your life. If you raise your frequencies more slowly, the growth will also be slower, i.e., you will need more time for greater improvement. All that is OK.

If you are very young (and have not been diagnosed any serious physical or mental disturbance), you are less likely to have crammed a lot of negativity into the “sack” of your unconscious, and even a fast growth of frequency, i.e., energy, will not bring about eruptive release; instead, everything will proceed more easily and with less discomfort and “spring-cleaning” fatigue than in older people. Nevertheless, all this is a very individual matter.

I shall explain some symptoms about which I received questions in various comments.

Let us repeat the basic concept: each of us is an energy field which can be positive or negative. Positive energy is created by chakras spinning clockwise, while negative energy is produced by chakras spinning counterclockwise. So, you are twenty, thirty or who knows how many years at the moment when you read all that in *Geometry...*, and you start spinning chakras clockwise. Your energy field, the strongest – as described by some authors – about 1 m from the central axis around your body (and I don’t know its size), will not become entirely positive in the same moment. Physicists know that the field can be discontinued, i.e., it can consist of different frequencies. Thus, at the beginning of the process a part of your energy field – it can be smaller or bigger – can become positive, while a part can still remain negative for some time. These are, figuratively speaking, “lumps” of negative energy. They are situated both at the physical and the mental level. Thus, you have painful sites in/on your body, organs prone to inflammation, infections. At the mental level these are flaws you know or don’t want to know, apathy, aggressiveness, nervousness... These negative “lumps” have a negative frequency, which will try to curb, in most cases, in order to reduce physical pain or restrain bad behavior that was not, as mom and dad told us, in order. We react to this restraint, i.e,, this sweeping under the carpet, by contracting all bodily structures and spending a lot of energy. That is why we are all vampires.

And now you start your chakras because Serena has intrigued you... For a time everything is fine, you notice some improvements, and then you suddenly feel the return of a morbid fear (phobia), i.e., of heights.

What happened? The positive energy that slowly started to flow all over somewhat “upset” in you an energy lump of fear which was deeply buried in the subconscious.

Then you associated with somebody with the same frequency of fear. As a matter of fact, that actually attracted you to that person. That similarity. And your lump of fear, which was present all the time but you carefully hid it, could now – after being "shaken up" a little – enter into resonance with the fear of that other person. When two frequencies of the same kind are in resonance, they are amplified (that's a physical law) and your fear, amplified in this way, emerges as panic of height (depending on the coincidence of actual circumstances, it could also have emerged as fear of butterflies).

So far the only known mechanism was: drink your pills, push it back into the subconscious/unconscious. Along with that, in most cases you get into a kind of conflict with the person that attracted you, while actually both of you set your fears in motion.

At that point the crucial step is to stop negative energy, your own and that of the person whose energy resonates with you in that moment, by applying the "black sheet" or the "press", depending on which of the two techniques you are currently using. You could have been physically close, and in that case resonance certainly developed, but not necessarily; you could have been a thousand miles apart as well, but, for instance, someone thought about somebody else. Positive energy started off negative accumulations, each with its own frequency, which needs to be erased so that the negative frequency lump disappears completely. Because it does disappear... Moments of negative resonance with a person will recur because negative frequency will issue (be aroused, kindled) in stages, but I did not speak about any instant procedure. There is certainly nothing of the kind. Moreover, the momentary erasing of a negative frequency would be so violent that you could not withstand it. Negative frequencies also contract specific tissue, a specific muscle, blood vessel or nerve, and some time is required for that part of the body to relax fully and eventually to heal.

If you have accumulated negative energy for a long time and systematically by being exposed to attacks of an energy vampire that focuses its attacks well and draws energy always from the same site of your body, then you can, say, have a cyst on some organ. An energy attack always causes fear, but many of us swagger and convince ourselves that we are brave. Well, such people don't go mad with phobias, but pick up a cyst or any physical complaint. What happens is the same as in the foregoing cause, but now the negativity, transformed from the mental level of fear into a physical cyst, does not issue as panic but as a running boil or a painful pimple.

Concerning depression, statistics have shown that it has already become a

widespread phenomenon with a trend of fast growth. Five percent of people are diagnosed with depression, 40% of adolescents display certain symptoms of depression, and the percentage is probably at least as high with adults. My research has shown that the symptoms of depression coincide with the persons I have categorized as passive vampires or victims. You will feel milder depression symptoms such as apathy or sadness periodically in the described process of negative energy erasing because we all suffer from one or another kind of apathy or sadness. They always occur after someone has vampirically made a clean sweep of your energy and reduced your frequency to a dangerously low level. What you basically need to know is the following: when negative frequency is erased by action of positive energy, the painful symptoms in the body and psyche are the same as those that were felt when it occurred. But now these symptoms are of a shorter duration, they are milder, and if you are persistently stopping negative energy, they will be over in a dozen minutes; once you get the hang of it, they will be over even after a few minutes after the application of the "black sheet", i.e., the "press". After that you will feel well, calm and clearheaded. This is where the difference lies. When you push a phobia, apathy, nervousness or aggression into the unconscious, especially by taking pills, you will be tired afterwards and good for nothing. Although you will feel symptoms in this process of release, you will soon eliminate them by stopping negative energy, and then feel well. Thus, as a child and a young girl I often suffered from severe headaches. They stopped as I reached maturity, but the problem was not resolved, it was merely suppressed. It was only by spinning chakras that I set off the process of casting out negative energy "cemented" in my head, headaches appeared again twice or three times a year, but milder every time, until they disappeared completely.

Let us pay attention to the moment when a negative frequency is aroused and amplified, usually in contact with somebody. In that moment you are flooded with negative energy. That is the moment of CHOICE: you will either cancel negativity by stopping negative energy (and, after that, starting positive energy – all that totaling as "merry magic"), or amplify it and push it back, with great effort, into the unconscious. You will need ADDITIONAL ENERGY for both variants. Then you can DECIDE to intensively spin chakras for a time and thus, on your own, CREATE, PRODUCE POSITIVE ENERGY required for thorough healing that will not be detrimental to people weaker than you. After that you will feel well, your mind will be clear and your mood serene, and you will have the feeling that your have UNDERSTOOD, RESOLVED something. Because you have.

Conversely, in line with an unconscious habit, you will SNATCH, STEAL ENERGY from somebody else. Or from the very same person who aroused your

negativity, in which case you quarrel with that person, get mad or suffer some other negative emotion. Or you will indulge that person and be accommodating, meaning that will not be able to recoup the lacking energy from that person, and later on, when you contact somebody else, e.g., your own partner or your children, you will steal energy from them. Although this theft will compensate your energy and bring momentary relief, you will not feel well, you will probably have a feeling of guilt or some other negative emotion, your mind will be confused and muddled-up. That negative frequency will again be pushed into the unconscious, and in the physical part it will increase the contraction of tissue leading to physical disease. In the future it will require even more energy to be kept in the unconscious, and you will keep supplying it as usual – by stealing energy.

You must know that you will never lose control when you erase negative frequency; thus, you will never hurt anyone if you were perhaps a hardballer, but only if you persistently apply, in the moment of crisis, the "black sheet" or the "press", on the right person, that is, the person with whom you are currently in resonance (you can be within the same space or, perhaps, thousands of miles apart). You can always remember the procedure. However, in the comments sent me I often read "I felt so poorly that I could not remember applying the 'black sheet' or the 'press' ". In that case, pull yourself together and muster up your willpower and remember: the, the "black sheet", the "press"! Even after a few minutes – beginners may need a little longer – you'll feel fine. There, this is the process for treating all kinds of complaints and – becoming smarter. The intelligence quotient is not birth-given by any material or genetic structure. It depends on your energy. And you can change that, you can increase or structure it by applying the geometry of the divine spark, any time in life, and thus become much, much smarter than you have ever been.

(Note: the articles published in this, my second book, were published on my blog in 2007/2008. Exceptionally, I shall add some articles from later years because you need to read them now as an essential part of your energy work. This refers to the two following articles that discuss the new negative energy stopping technique – the "PRESS". Since the "press" was published in June 2009, it was not mentioned in articles in this book. Along these lines I rewrote the text and added "black sheet"/"press" in most cases where I mention the stopping/canceling of negative energy and "step 1". Namely, "step 2", i.e., the starting of positive energy has remained and will always remain the same. It is not a "technique" as I pointed out at the end of the first book, it is the correct structure of the mind and at the same time the way to create positive energy. The development of the technique for stopping negative energy was necessary to several reasons which I am mentioning on and off in this book. The essential point is the following: "step 1" refers alike to the "sword"

and to the whole story about the tying of threads, and to the "black sheet" and the "press". You progress from the first through the second to the third technique, each at your own rate, but that is always "step 1" = stopping/canceling negative energy, and you know which variant refers to you at that moment. The conditions required to start applying the "black sheet" or the "press" are mentioned along with each technique").

2.

Thursday, June 18, 2009

Introduction to a new technique – the "PRESS"

Why a new technique? Well, I am the first to oppose complicating the situation. But, if it needs to be done, it is to be done. And it is. I think the explanation is the following: when we raise the frequency of our (positive) energy to a specific point, we need stronger means for fighting negative energies (remember, they are within us, thus allowing access of negative energies from the outside). The process of cleansing our own negativities proceeds gradually – in the beginning, while our positive energy is still weak, we cleanse the least negativity. As positive energy grows stronger, we cleanse growing and stronger negativities. That is why we need a stronger "tool". Just as we need a small shovel for puttering in the flower garden on our balcony, we need a proper hoe for looking after our vineyard.

How will you know whether you need a big hoe? That is the question.

The following criterion should be sufficient: if you have successfully stopped negative energy with the "black sheet", that is, if you have MASTERED that technique and, at some point in time, you NOTE that its efficiency declines, i.e., that it almost stops no negative energy or needs to be repeated very often (say, every 15 minutes), you have reached the point at which you need the hoe.

So, let me repeat – first the "black sheet" FUNCTIONED. For a longer period, measured in months. If it did not start working at all, and you could not NOTE that, the hoe does not serve any purpose whatsoever. You can't go to college without a high school diploma.

Let me add another criterion, and that is the crosswise structure of the chakras on the last page of the book. If you still cannot move your chakras in accordance with

that drawing, then you haven't achieved a sufficiently high frequency, and you don't need a stronger tool for negative frequencies either, for it is not yet their turn. This energy thing, as I have been explaining, has a geometrical structure and a fine arrangement which need to be respected instead of introducing disorder and chaos in our work because disorder and chaos are features of the world of negative energy that we have started to leave; therefore, there is no point in carrying along habit and recklessness on a new journey.

To go into greater detail – if you can visualize that crosswise structure, this means that you are at the same time able to visualize the DOUBLE chakra and the concurrent spinning of its front and back cone, each in the proper sense. Once you have achieved that, you activate the second double chakra (AFTER the first) in the same way; however, you must locate it exactly at a right angle to the first figure. You don't need to see all the four spinning simultaneously, but each pair, one after the other. That will do. If you cannot visualize right away, try again after some time. When you achieve a sufficiently high positive frequency, you will CERTAINLY be able to do it. Therefore, the point is not visualization BY FORCE. Try two or three times; if you can't do it, REST, you deserve it; just keep spinning one chakra pair in a series along the spine. Then, after you get the INSPIRATION, try again crosswise.

You really need to start learning EFFORTLESS ACTION in any area. You had an intention, but it didn't work. Don't give up, but don't push it either. Do the necessary preparations and trust your feeling, inspiration, impulse... and set off again when you feel that. If you fail again, don't be depressed or discouraged. Instead, practice, become "fit" and try to "negotiate" the thing again. Buddy, that's the way things happen with everything in life.

Therefore, you need to use the "black sheet" successfully; if that does not work any more, than start applying the "press". Additionally you should be able to activate the crosswise structure of the main chakras (on the last page of the book). It is assumed that only one chakra row has a limited capacity. As we said, the second piece of equipment for raising the frequency is ACCELERATION (the last chapter in the first book), because that is the way in which we create ever higher frequencies.

The new technique has a "poetic-scientific-technical" name – the PRESS – and it will be explained in the next post. Until then, this is the definition of the press as a metal-working tool according to Wikipedia:

A press or machine-press is a tool used to work metal (typically steel) by changing its shape and internal structure.

Do I have to stress that the technique has been tested for three years, that there were several prototypes in the game, so that after many checks I selected one, which I am presenting now because in my view the time has come for that? (I do, because many of you think that the design of a technique is equal to daydreaming, that it is a momentary fabrication. No, it is not. More about that later.) Because some of you have progressed so much that they need it now. And, therefore, they will not feel it as a complication or problem but as progress.
Stay alive and kicking!

(Note: after three years I still think that the foregoing conditions need to be respected. Yet, the experience expressed in the comments has shown that many people are very besieged by negative energy and need the "press" as soon as possible. For them the only conditions is mastery of the "black sheet".)

3.

Saturday, June 20, 2009

The "PRESS"

A press or machine-press is a tool used to work metal (typically steel) by changing its shape and internal structure.

So far we have used the expression "STOP negative energy". Initially we probably couldn't do any better. Later on, when my positive frequency increased a lot, BUT STRONGER NEGATIVE ENERGIES WERE ALSO ACTIVATED/APPEARED and had to be overcome. In one moment I felt that the "black sheet" was no longer enough. Thus I had the idea that negative energy needs to be CANCELLED, and not only stopped, and that called for a new technique. Fairly logical. Remember, we are now CANCELING negative frequencies.

Which negative energy are we CANCELING? The negative energy for which we are RESPONSIBLE, and that is the energy we have in OUR OWN energy field. Matters are complicated by the fact that the SAME frequency links up with the IDENTICAL NEGATIVE FREQUENCY in people with whom we communicate. In line with the principle of resonance. The understanding of this negative energy linkage among people is essential. That is a more neutral and more accurate name for the phenomenon of vampirism.

Because of this energy linkage with the same negative frequencies, we must also cancel the negative energy of people with whom we are linked in such a way.

So, if you have understood the foregoing, let me highlight something that, so it seems, many people have not understood: when we apply the "black sheet" or, hereinafter, the "press" technique, we must know – and that is essential – that we are stopping, that is, canceling only that common negative frequency. Although the images used in visualization comprise the IMAGE of the person, the point at issue is only energy, and negative energy at that. This must be crystal clear and you no longer need to wail, as some have done, "and how will I BREATHE under the sheet, it would be better if it were a light black veil..." Nobody breathes under the sheet and nobody will be crushed in the press. Because we are dealing with ENERGY ONLY. After all, you could have checked it best through your own experience when putting the "black sheet" on yourself or by watching another person in direct contact while you put him/her under the "black sheet" in your thoughts. Only one thing happened – you and the other person felt better. That's the way it will be with the "press" – you can simply check that on yourself and on the present in front of you.

Let me stress another exceptionally important feature of my techniques against negative energy – they are used exclusively with reference to persons with a name and surname. That's the meaning of my apparently only linguistic imbroglio, "we cannot protect ourselves, we must defend ourselves." Therefore, in my understanding and experience general protection against all perpetrators, against an unknown perpetrator DOES NOT FUNCTION. Energy defense needs to be addressed very accurately towards person XY. I believe this is the right way, because that is the only way to learn and avoid mistakes in our relations with people. For instance, you cannot continue to be toadying and obedient to mommy and pretend that you can resolve the issue with energy measures only. It won't work, Because it is contradictory. And because ingratiating and servile behavior cannot exist without negative energy. Do you get me? This is why you must simultaneously work at all the levels of yourself – in visible behavior, in recognizing emotion, in the observation of thoughts. And you need to be consistent at all levels, i.e. energy-wise positive at all levels.

OK, this will do by way of introduction. This is how the "press" technique is applied.

The machine press is a tool with a driving motor and, in simplified terms, two plates

between which you put a metal piece (work-piece) and, by pressing, shape it to a desired form, changing at the same time the internal structure of the metal.

For our requirements we shall visualize a simplified version of the machine press. So, imagine two parallel fairly thick plates, if possible black but deeper shades of grey will also do. Perpendicularly to the centre, both parallel plates have a thick rod, one pointing upwards and the other downwards, so that the whole looks like two letters T facing each other; the top of the letter T is the plate (the rod being the "leg" of the two-dimensional letter T). The tool has a drive, but you don't imagine that, you only know that it has a kind of a motor. What is essential for you is to get that "motor" started so that the two "T letters" connect with their plate parts. For that purpose you have a red switch on one of the rods. When you press it, the switch flashes and the "press" starts working, the two plates start to get closer until they join up completely.

What shall we put between the two plates in order to flatten it fully to the point of disappearance? We shall put between them the negative energy linking us with John Smith. Therefore, it is ours and John's, SHARED. How does this negative frequency look?

In order to avoid making up new images I produced an extension of the "black sheet". We apply the "press" on ourselves and on all people with whom we have a vampiring link in either sense (he vampires us or viceversa). And the "black sheet" NO LONGER WORKS.

Then, as you already know, the "black sheet" over John. Let that happen in a known space, and since you know John, you know his living room. Let everything happen in John's imagined living room. Freeze the frame to total immobility (you need two seconds for that). So far we have only dealt with John's negative energy. Not with John as a full shot, NOT with John as a PERSON. Let the silhouette under the sheet be bent into a black ball together with the sheet (up to 2 seconds). Then install the "press": place one plate with a thick rod against one side of the ball, and the other plate parallel against the other side of the ball. The ball can be on the floor, but not necessarily; it can be a yard above the floor, or even under the ceiling. That will depend on circumstances. The two parallel plates can be parallel to the floor and ceiling, and can also be parallel with the shorter or longer walls. Therefore, they can be placed parallelly with axis x or axis y or axis z. Depending on your feeling. The furniture does not bother you at all, everything goes over it and through it because we work ONLY WITH NEGATIVE FREQUENCIES which WE now share with John, and that is now already the black ball.

An essential detail: when you lean the press plates against the black ball, you need to feel the situation almost physically – i.e., feel the contact of the inner plate surface with the black ball, and not just see it.

As you were thus setting the black ball between the two plates of the “press”, the ball has externally become hard, as if were made of black bakelite, i.e., a hard material which will break under the pressure of the two plates. After that you press the red switch on one of the rods. The plates begin to approach each other, powerfully but slowly, and immediately after that you feel a “crack”, the ball has broken, the mass is slowly compressed between the plates, and fine white sand issues from the press, a totally harmless material, and brims over the edges of the plates; you can clearly see that, and its further flow is of no essence; you don’t have to see the whole structure of the “press” either .

You continue to watch the process until the plates connect completely, all the sand has trickled out, and after that you don’t see either the sand or the press, and even less John, just the empty living room, furnished as usual. After that turn you attention away from the image and do what you have to do.

Apply the same to yourself. Better on the imagined figure of yourself in an imagined room than on a concrete self, because we are now definitively on a higher level of abstraction, and it is better to work only with images.

Quite a few words, but not as much action. It will take a couple of days to get the hang of it, and after that everything will be easy.

Often your attention will drift away from the procedure and you’ll remember to continue after ten minutes or even later. As you continue you will notice that meanwhile the two plates are closer, even much closer as compared to the state of affairs when you LEFT THEM TO WORK. They can even be totally connected and sand no longer “leaks”, so that all you have to do is the final image – the living room without the ”press”, and then not even that, just get busy with something else. Experience has shown me that the process can be continued even after 10-15 minutes, rarely after half an hour. If more than half an hour has elapsed, and you still feel the pain, or absent-mindedness, start all over again.

In this phase vampire attacks are not so frequent as in the beginning, you feel much better the start of negativity, and it turns out that you visualize the “press” because you felt the discomfort and not every hour. Maybe it would be better if you did it

every hour, but that could be too demanding. Yet, in a situation in which you are exposed to great negativity, e.g., you have a serious chronic disease in the family or a severe acute case or elderly family members are on a visit, or like situations, it is better to act preventively, that is, every hour.

Past experience has shown you that you are simultaneously vampired by two or more persons. The best idea is to install two or more presses at the same time, i.e., one immediately after the other, each in an appropriate living room, and focus your attention several times on one after the other, and so in a circle, controlling them until the process is over. In that case put YOURSELF in the press just once with the INTENTION to CANCEL ALL YOUR NEGATIVE frequencies, while in other persons you cancel the SHARED NEGATIVE FREQUENCIES.

Most importantly, in the background of every visualization there must be a very accurate intention presuming that whatever we do is always done for the benefit of everybody involved.

According to the definition of the mechanical machine – what is being changed are the FORM and the INTERNAL STRUCTURE of the material that is pressed; this, in this procedure you have also changed the form of negative energy and its structure, and obtained harmless white sand. I don't know how and why, but it works. It's like the TV set: just as experts don't know much about electrons and other particle beams functioning in the set, it successfully realizes the purpose of its maker. What is essential is the fact that I have responsibly checked that over a long period of time.

Just as I said in the preceding post – this is only a procedure that is more efficient than the "black sheet", and holds up longer, but again this is measured in hours and not in days. And needs to be repeated. It is not CANCELED once and for all. We shall surely discuss this again, but that's the way it goes. It is better, but THAT'S NOT THE END OF IT. There is not other option – just keep following your experience.

I give you five days to practice, and then I'll look at your comments. In order to avoid being showered with questions, because by practicing the "press" over these few days you'll anyway get most of the answers.

Stay alive and kicking!

4.

Friday, March 23, 2007

DO THE "MERRY MAGIC" EVERY HOUR

A slip, but of life, on a "banana peel"

One must feel foolish when slipping on a banana skin. In my story the banana peel is the instruction: DO THE "MERRY MAGIC" EVERY HOUR (and even more frequently in moments of crisis), and so for three, six, twelve months ... several years. And you wimps, unused to do anything properly and right, will start whimpering, how are we to do it every moment, one can't, I keep forgetting, I don't feel like it, I must also have a cup of coffee with my girlfriend... There, this unreadiness to "roll up your sleeves" and do it properly is your "banana peel". Your energy slips on the "banana", and in the beginning you don't notice it, you see it only when you get sick. If you have read the book and slipped only because of that "banana peel", then that is definitely stupid. What a "banana" am I talking about?

So, you read the *Geometry of the Divine Spark*, you understand it, sure thing. Interesting, well, yes, let's also spin chakras. Why not? It's free. Aha, "merry magic", that sword, look, there is also a "black sheet", surely a little strange, but let me try that too, I do have the impression that my life has taken a turn for the better since I started spinning these chakras... But every hour? Come on, too much is too much. No use overdoing anything, you conclude sensibly and wisely. And do the "merry magic" two, three, five times a day. And that's where you slip on that banana peel. And why do you claim this means overdoing it? Do you know that for sure? Have you experienced that?

I did not write "every hour" or even more frequently just by chance, or on a "hit-or-miss" basis. I know that for a fact. From a lot of experience. Because I checked it conscientiously.

Human energy is a kind of energy. Its essential nature is manifested at the quantum level, i.e., in your atoms. Your atoms are just all the other atoms in stone, wood or water. Atom spin all the time, and energy is in permanent motion. Energy is not like a chair which will forever remain in the place where you put it. The quantum energy field is governed by its own laws. Physical laws, which can also be expressed mathematically. I do not intend to quote quantum formulas because I don't know them and you wouldn't understand them. So the simplest metaphor holds true: I say that 2 + 2 = 4. And, you, having never heard of mathematics, just blurt out "you are overdoing it", because your brain has just started to get positive energy, and it is

more the old obtuse brain rather that a new brilliantly intelligent one – which it will become when you attain higher positive frequencies. Why should two and two make four? – you conclude wisely. What am I to tell you? I almost feel like saying nothing. I tried hard to write that book, and after reading the whole book you tell me "you're overdoing it!" This is now a trivial banana. So check that, by experience and observation" and not by rash and opportunistic reasoning of a still negative mind.

When a negative energy field just reaches you, whether sent by somebody else or just started from your mind if you are getting mad, sad, jealous and what have you, if you just immediately apply a round of "black sheet" (half a minute or a whole minute), YOU WILL EASILY STOP THAT NEGATIVE FIELD (YOURS OR SOMEBODY ELSE'S) AND SET IN MOTION THE POSITIVE ONE. Already after a few minutes (if your positive frequency is low, as it initially is), that becomes much, much harder. After an hour or two your circle is already at the minus nine level of hell. "Your" vampire (or yourself with your anger, fury...) will not let you go until it has TOTALLY EXHAUSTED YOU. The result: you are even more angry, tired, bothered by toothache, headache, stomach ache, the flu... Since initially you do not yet distinguish your positive and negative conditions, the only thing that successfully deals with the situation is your devoting, frequently enough, a few minutes to "merry magic". Therefore, EVERY HOUR OR SO.

I shall not go into additional detail because you have read that several times in the book or here in posts. Actually, I just wanted to repeat that – APPLY THE "merry magic" EVERY HOUR. I intended to write an article out of this single sentence. Later on I saw that it would be better if I explained things somewhat better. This is how this entire page of text came into being, and before that even a full book. So, if the whole book was not enough to convince you in this "every hour or so", I don't know how this short article will... but, there, I wrote it. You should know that in working with precise devices there is no guesswork, you need to work precisely. And the same holds true for the application of precise mathematical theories such as mine.

Stay alive and kicking!

March 15, 2007 17:05:26 | nn
Serena, the blog is more than stimulating. I have a question, can somebody be both a passive and an active vampire. I do not mean at the same time, but after a time, can they change roles?
March 15, 2007 22:37:47 | mindpositive
Passive vampires can become active. In most cases that happens when they become the oldest

members of the family, i.e., after the death of the person older than they are. However, in the moment when they are drained/exhausted by an active vampire passive vampires immediately make up for the loss from another passive vampire of lower rank (in terms of age, status, social or family role). Though, they are not so forceful as active vampires, and when an active vampire lets go, the passive one will not touch his "subpassive". An active vampire stops being a vampire only by deliberate decision and persistence. He does not find it particularly difficult. He can do it whenever he wants. A moment of essential difference: when a passive vampire finds himself close to an energy-wise positive person it often happens that he unconsciously (by resonance) accepts the positive spinning of the chakras. An active vampire almost never unconsciously accepts the positive spin of the chakras. When we start spinning the chakras, we are still for a time passive vampires in crisis moments of mental or physical exertion. All that happens in the family, in relations with friends and, to some extent, colleagues at work. But all that is written all over in the book.

March 16, 2007 20:07:15 | nosygirl

Hi Serena... :) I did some research on the web on energies, exercises and even protection... in most cases everyone has a personal technique or principle, some are fairly similar... I also ran into some warnings that people can go too far in this work with chakras, that is, when the chakras are at an excessively high frequency or too open, and that people can then have the idea about having supernatural powers, like a leader or messiah... or that people can often end up in a nuthouse... That energy world is really confusing, I crammed a lot of information and now I don't know what to do with them???

March 16, 2007 20:07:15 | mindpositive

Nosygirl, only you can judge what is good for you, what out of all this reading is bad, good, better... Stop a little, think, keep thinking... I said and wrote what I wanted and that's that. Yet, let me clarify that detail with the nuthouse – there were wizards, priests, healers and the like who developed a big ego and thought they were almighty, some may have ended up in a nuthouse (I have no data on that). NONE of them knew about chakras what I know and what I wrote, and could not use the technique (according to information available to me). Many have described chakras, but they only describe what chakras regulate, but not how they do it as well. Brennan says that they are double (that was crucial for me), that they spin and that the HEALER must "cleanse" them, "heal" then, several times...

As far as I know, only in my book you can find the instruction "spin the DOUBLE CHAKRAS clockwise twenty times a day, and you will NEED NO TEACHER, HEALER, nobody." Except mild eruptions of negative emotions, which were purifying and cathartic (as in your case), but which do not happen in most cases, nobody has ever thought of having supernatural powers. I am not talking about them, nor do I think that they are essential.

Everyone "reinforces" one's chakras and one's energy field BY ONESELF, and this at the same time determines the rhythm which is personally bearable to that particular person and relatively comfortable, so that the mind and the body slowly get used to positive energy and an ever higher frequency. Moreover, very briefly, my theory about the creation of energy contains, in its essence, in its (geometrical) DEFINITION the element of BALANCE, which provides security against the occurrence of any EXTREME phenomena. So far nobody has reported to me any really dangerous event (if we don't take into account your panic, in a moment, and so far you seem to be doing fine), and all the people I follow experience positive changes. (Note: holds good even five years later after 9000 comments by a host of readers).

Really, judge for yourself what is good for you in everything –what you are going to eat, to read, to do, with whom to hang around, which spiritual development technique to practice. I said and wrote all that.

5.

Tuesday, March 13, 2007

ON EXCUSES AND GOOD INTENTIONS

When daddy doesn't understand

Who were comics invented for? For those who don't want to think a lot? Or for playful guys fond of fast punch-lines? Or did that happen when there was no TV? I risk to offend at least two billion two-legged beings with such questions; moreover, such questions are totally outside my topic. I just wanted to use them in order to introduce the idea that life can be quite simple, and comics, at least in my opinion, are an attempt to definitively simplify everything. And that can be good. But let's forget comics; anyway, I know nothing about them because I don't read them.

I have quoted several times the well-known thought "THE ROAD TO HELL IS PAVED WITH GOOD INTENTIONS". Thus, we often try to excuse our deeds by referring to our good intentions, and if everything has taken a bad turn, objective circumstances are to be blamed, because others did not understand us, we did everything we could, but others didn't...

Like hell! Who cares what you "wanted"! It is what you did that really counts. Excuses are concocted by people who wouldn't know how to think or don't want to think, don't want to know: "I wanted to love but did not know how." A typical excuse in a world ruled by negative energy. Find a way! What? You'll spend your whole life saying that your good intentions were not understood.... Come on! You really think you could keep saying that to your kid ("I really just wished you well"). Try to repeat that three times to your boss after you've screwed it up three times in a row. You're not going to? Because the good intention story does not work with your boss. Interesting!

Whatever you may be doing – bringing up children, planting a garden, managing a firm, weaving a gobelin, cultivating a love or marital relation – the only criterion is the RESULT, a result stable over time, a result that pleases us (and not just an episode, an atypical, occasional positive event). Over what time? Over a time relevant for what you are "planting", "bringing up", "training". For anything on that

list several years is the minimum time unit, I would say generally.

So, just look at the result of your efforts, of whatever you are doing. The result shows what you really wanted. All the rest are just excuses.

If you are not pleased with the result, if you have accepted your share of responsibility, and that mean that you have accepted the thought that you are the CREATOR OF YOUR LIFE – the simplest instruction reads: change, change the thought, change yourself, think and rethink, do something differently.

Even if you do "only" what is written above, it will work to your advantage.

If you activate POSITIVE ENERGY, that will mark the start of your miraculous adventure in which your intentions, your effort and your results will finally sing the same tune.

And here is now a theme which has hurt everybody and at all times, and the way, as in the comics, in which it can be tested with two questions:

The PARENT- CHILD relation: eternal confusion, good intentions all around in tons, the results seem to be acceptable up to the fifth, tenth year at the most. After that, "Father, forgive (all of them) for they don't know what they are doing".

If you are a parent, ask yourself just two simple questions:

1. Do I let my child to have a critical attitude toward me?

Do I think when the child criticizes me and really try to understand what he/she is trying to tell? Or do I immediately start defending myself with that vapid platitude "I just wish you well"!!! And continue by: "I love you, don't you see that only what I am saying is right?"

2. Have I ever noticed that my child is sincerely proud of me,
that my child on and off likes what I am doing?"

There, you don't have to be a psychologist to understand parental wisdom. These two questions provide sufficient guidance. If your answer is "no" – you're a poor parent, you missed your duty. You would rather say that your child has problems, that something is happening with the child. Oh, no, it is you, the parent, that is no

good... Change yourself, it’s never too late.

And, to come back to comics, here’s my script:

My three-year-old niece gets in her father’s way as he is repairing his van. He shouts at her, tell her to go inside and calls the wife to come and get the child. The girl resists, but the stronger force drags her into the house.
What is there to comment about? Such a simple and uninteresting situation. I come along and ask the girl what happened. She has already been sent off indoors not to disturb her father.

“When daddy comes, I’ll tell him I FORGIVE him”, reports the kid.

“I told you to APOLOGIZE to daddy”, her mother corrects her, “not to FORGIVE him.”

I stopped and tried to figure what the girl wanted to say. I tried to guess, and started to analyze the energy “picture” of the whole situation.

Now everything’s clear: daddy is fixing the van, something is not going right, he gets nervous and SETS OFF NEGATIVE ENERGY. Along comes the kid, all energy positive as only little children can be (sometimes). Daddy strips all her energy. The kid is no longer cooperative, is not satisfied with watching what daddy is doing and just imitating daddy with her plastic tool kit. Now she’s nervous too because she lost all her energy and, of course, she really get into her father’s way.

The child clearly distinguishes the true cause – daddy is energy-wise negative and he has stolen all her energy. He has thus upset her intention just be close to daddy and forced her to disturb him.

Just as usual, adults don’t see the cause, they just see the consequence.

Epilogue: he is still her beloved daddy, she gives him a chance and FORGIVES HIM!

And then everybody thinks that the three-year-old kid cannot distinguish FORGIVE and APOLOGIZE.

And now tell me who was “naughty” in this case? Who was wrong? Who is to apologize and who to forgive? Did daddy have good intentions and was that

enough?
In order to avoid such deep analyses of every sequence of your life, simply activate your chakras clockwise, start positive energy and everything will be alright, and you and others will not rack your brains “to death”. COOPERATION IS ANOTHER NAME for POSITIVE ENERGY.

Stay alive and kicking!

6.

Thursday, March 8, 2007

Perfection and related troubles

As *Geometry of the Divine Spark* gains more readers I keep receiving more feedback information and interesting stories. The aspiration to perfection and the need always to be right often occur in combination with a feeling of guilt. Which is very logical because being perfect and always right is impossible, and we are continuously faced with the situation in which we have to justify ourselves because everything didn’t turn out to be so perfect. However, there are quite a few people like that in the world, although they would not admit it for all the world. The theme came up recently though the mentioned feedback information. I am not going to tell stories but just hint briefly at the theme. To continue explore at your own expense.

Try to explore how many of the mentioned traits you share. Try to be frank to yourself. This will ease the process of your transformation beyond all dreams, and that means that an indescribable burden will start falling off your shoulder. Let’s clarify the point: in line with the vampire pattern you transferred that burden, because it’s huge, on somebody else’s shoulder (meaning that the burden forced you to drain other people’s energy mercilessly in order to be able to carry it). Although you got the burden because somebody else passed it on to you – and that somebody was the person before whom you wanted to be perfect in order to deserve love. In most cases these are parents, then the rest of the world – partners, bosses... Even more absurdly, people aspiring to perfection are often very good at what they are doing, but are never personally satisfied with their achievement, so they bore the pants off other people and drive them to the wall in order to achieve their desired perfection.

So, if you find these traits after an honest self-analysis (aspiration to perfection,

always being right and feeling of guilt) in your character and behavior, you should know that you are a very strong vampire, and then take up the “merry magic” technique with all your might. In that way you will very thoroughly deal with that problem (and all the others).

Now don’t take that in the literal sense of the word or obtusely. It’s nice to do well what we are doing. Whatever it is. It’s nice when we do our work honestly. But it is also human and normal to make mistakes. Even make quite a few mistakes. When we admit that and decide to correct the mistake properly (apologize, make good the damage), and when we decide that we will seriously endeavor to avoid making the same mistake, the mistake no longer exists. But, provided you also paid attention to energy repair because that way you will erase the negative energy which leads you to repeat the same mistake(s) always anew. Without proper energy work (“merry magic”) you are as it were condemned to repeat the mistake even after you have decided that you will not repeat it any more. But if you are nevertheless prepared to admit a mistake, analyze, for your own sake, how many times you have played variations on the described theme, always anew, and you will know what I am talking about.

Once again, my experience and my feedback information show that the entirely opposite type of people, those that screwed up a lot in their life, the “sinners” – once they decide to deal with the issue and be true to themselves, to be right, to be free – succeed in the effort much better and faster than the perfectionists. Why? Because they know that it is human to err. Because in a specific moment, when they screwed up to the umpteenth time, they understood that the problem are not objective circumstances or others. They understood that the problem lies with themselves and set on to deal with it. There are not many reversals of that kind, but there are some, and they make everybody happy.

Perfectionists never attain perfection, but everybody is their enemy preventing them from achieving perfection. And nobody is any good while the perfectionists, although displeased with themselves, before others must always be right, they are good, they have done everything well. Sometimes, if there is a “hole” in their guard, they nevertheless ask themselves – why is my life so hard, why nobody understands me, why do I have so many enemies and why do I hardly delight in anything?

How to achieve perfection? No way! Have you understood the difference between “doing well” and doing “perfectly and faultlessly”?

I have written this because of the “imperfect” ones. The “perfect ones” and the

“alwaysrighters” will not understand this, generally, or maybe even read this. As for the rest of you, don’t admire them but scram! Why pull their burden?

Stay alive and kicking!

March 30, 2007 20:17:12 | [Silvia]
How come grandmother Irena, being the strongest or the first vampire, a vampire that carried along all the other misfortunes in the family, lived the longest?
May 2, 2007 14:05:58 | mindpositive
Silvia, I’ll reply in my post when I make it.
May 3, 2007 14:22:28 [Sungirl]
Dear Serena, thank you for your answers – I must admit that your latest post additionally opened my eyes. I mean, all those people who at first appeared to be so nice actually always turned out to be vampires, or indeed even deliberately, consciously wicked people. I wonder where does so much negative energy in me come from? I think I know the answer – my family, primarily my grandmother (who died) who engaged in all kinds of magic, about which of course I knew nothing, but still as a little child I felt her negativity very strongly. For instance, when parents left me with her to look after me, I felt more than terrible, intuitive I felt her evil and negative energy, and I always cried and resisted my parents when the issue was going to my grandmother or not. Unlike her, I adored my second grandmother. Once again thanks Serena... I’ll contact you again with questions, if not before... after I have read the book three times. Cordial greetings!
May 3, 2007 14:44:58 | mindpositive
Sungirl, that is the way. I did not just like that mention the examples from my family and my friends. They are so typical for all of us. They need to be understood that way: what similar situations or people do I, the reader, have around me? You have now taken the proper road. But don’t blame anyone. Understand your own responsibility and never accept unequal positions, never accept being oppressed by anyone. Understanding does not mean suffering, not at all. Understanding means taking the right position.
We have great power. If we have ourselves contributed to our own evil “fate”, we can also improve it on our own. That’s the point. If we blame others for everything, we feel miserable and helpless.
Nobody is miserable, people just lack the force (energy) to understand everything. Man is truly man only with proper understanding. “Understand yourself and you’ll understand the whole world.”
May 3, 2007 23:55:28 | [Eta]
Dear Serena, I find your sincere wish to make us understand the essence of energy as an awareness and ourselves as conscious energy beings so fascinating.. YOU HAVE SUCCEEDED IN EXPRESSING, STUDIOUSLY AND YET SO SIMPLY, THE ESSENCE OF OUR EXISTENCE FROM THE ENERGY STANDPOINT. YOUR BOOK IS A WORK OF GENIUS.
April 12, 2007 1:00:13 | panzer
... interesting line of thought ... especially about that vampirism or parasitism ... unfortunately, as soon as he starts controlling his life with interests instead of living inspired by love, man turns into that “vampire” of yours... and it seems that the easiest or most frequent way of protecting

oneself is turning into a selfish “vampire” because then you avoid the danger of being used, because according to this vampires do not attack vampires... but somehow I find all this overpessimistic...

April 12, 2007 20:56:44 | mindpositive

The text must be read carefully without skipping chapters: vampires attack vampires, the stronger attacks the weaker. The strongest vampire is the unhappiest creature in the world in spite of the illusion of power. Therefore, being a vampire is no protection and non way to avoid being used.

There is nothing pessimistic in the whole story. Simply speaking, a nasty problem has been detected, and at the same time a way to solve it. The way calls for our attention and persistence, but I don’t see why that should be a problem.

Personally I was overjoyed when I finally realized my wish to love and be loved. When I got rid of the ILLUSION of love. When LOVE became a spontaneous way of my life without any misunderstandings with people.

April 13, 2007 9:44:47 | [happygirl]

OK ... yet, ninety percent of the blog and of the book leaves an impression of a very gloomy present and future... a comment related to the denial of pessimism - maybe I don’t find reality so dark, and maybe I’m not yet in the category of “aware” optimism. I don’t think that life is a fairytale but I don’t think that it is hell either. A practical question for those that spin chakras and read the blog: how do you spin them, I mean one chakra with two reverse spirals, can you visualize that at once or do you first spin the front one a few moments and then the back one for the same amount of time. I am asking that because sometimes, if I suddenly see both spirals connecting at a point on my back, one spiral pull the other one and the both spin the same direction...

April 13, 2007 10:36:29 | mindpositive

Moving in one’s thoughts is a skill learned like all the others. Here we are talking about the energy aspect of thoughts and emotions, because they are primarily – energy. Specifically in relation to chakra spin - we first activate one part of the pair (the front or the back one) and spin them by visualization a few seconds (or longer, no problem), and then we spin the second part of the pair. After some time we can visualize them spinning simultaneously, each in the described way. In your case, when you see that one chakra has “pulled” the other in the wrong direction, this means that you did not practice sufficiently the first stage of spin, i.e., first one part of the pair, and then the second part of the pair. Accordingly, return to spin – separately the front and separately the back part of the chakra, practice your assignment and after some time visualization will show you whether you are able to turn to the next step and spin the complete pair simultaneously in the right direction. At any rate, you can be pleased with having mastered visualization to such an extent that you see the chakras with your inner eye and thus fully control the procedure.

After some time, and that is the next step, you will be able to visualize all your chakras simultaneously, as on the illustration in the book.

April 13, 2007 21:57:40 | nn

What do you think about “learning by night”? Is that positive or negative? Momentarily, as I can remember, one has most energy in the morning?! They say “I learn best by night”. Reading the latest comments, I say that I don’t see with the inner chakra eye, and that the “merry magic” technique under b) and c) is still not totally clear to me.

April 14, 2007 19:23:09 | mindpositive
1. Learning by night is OK if it suits you. From the "vampire" angle – I already told you – the night is worse than the day. We are more subject to vampire attacks. By day the needs of "your" family vampire(s) are also satisfied from other persons encountered at work or otherwise. At night, as you sleep, you are still engrossed in all kinds of conflicts you didn't resolve by day, and energy losses are higher. And the morning, depending on the person, is full/empty of energy. If you don't wake up chipper and fresh, in your case the morning will not be the best part of the day... That is why young people often learn by night and that makes a lot of sense, because when you're awake you are less subject to the vampire story, especially if you practice the "merry magic".
2. Whoever fails, in the beginning, to see chakras with the inner eye, this generally means that they are very blocked. Practice the "merry magic" in spite of that and one day you'll "see" the chakras. If steps 2a and 2b of "merry magic" are not too clear to you, read that again two or three times and you'll understand it. Or ask a specific question
June 2007 20:26:35 | [Ratka]
Thank you Serena. I have been spinning the chakras and I see no progress, but I hope for the best. I hope that technically I'm doing the right thing. Thank you for this unselfishness. In your descriptions I have recognized many situations from my own life. Regards, Ratka
June 2, 2007 14:01:16 | mindpositive
Ratka, by this time you have probably understood that it is essential to UNDERSTAND situations in life. We are mainly satisfied with recognizing some similarities in books, experiences of people we know, movies. We are uneasy when we think we have "screwed up" something, and then feel "better" when we see that many others have screwed up too.
The essential point is to UNDERSTAND, even on my examples, WHY life "happens" the way it does. After reading my book and after you have stabilized positive energy, you need to understand your own life fully and that answers have "dawned" to all past questions. And the same will then happen with future questions. Once you reach such clarity the feeling is extraordinary.

7.

Saturday, May 26, 2007

PRACTICAL HINTS ON THE DETERMINATION OF THE DIRECTION OF CHAKRA SPIN AND FREQUENCY MEASUREMENT

Questions and answers

Today I am writing the promised answers. First, Spark says:

Like "Sungirl" I spin chakras from the inside and not as an observer. Sometimes I can do it smoothly, sometimes I literally have to imagine the hands of the clock instead of the spiral in order to start spinning. But the direction does not confuse me. I imagine the clock with the hands in the necessary position and spin. I think it

doesn't matter at all whether I watch the chakra from the inside or sideways (I even have the impression that the inside option is more logical, but never mind). How do you do it? Do you see your silhouette close by and spin the spirals?

Of course, it is simply a matter of decision whether we shall watch the chakra from the "inside", from a central axis, or watch our silhouette as an outside observer. Nevertheless, care with detail will not hurt. Why did I choose the "observer" watching us from the outside and always seeing chakra direction as being identical to the direction of the clock hand, whether in front or behind us?

Because the direction of the hand on the clock is natural, we are accustomed to it, it shows the course of time as all clocks do, including the solar clock. I have the impression that nobody would feel easy watching a clock with hands moving inversely (and that is what you see if you watch from your central axis). The direction of the hand on the clock is a very established convention, and such a design of the clock is probably not a technical coincidence. So, don't quibble and watch yourself and your chakras from the outside as an observer.

There is no difference between visualizing chakras literally on your own body or on an imagined silhouette of yourself somewhere in space. I practice both, as the case may be.

... I have been spinning chakras for two months, maybe a little less. I immediately felt a shift for the better, more energy, less sleep, better mood. And then dramatic events followed, unraveling of certain situations.

Unraveling always starts happening fast. Energy flows, events flow, life flows. When energy is stopped, and as a rule it is, bad situations last for years. Some people lack the strength to "unravel" (passive cases), others lack the interest to "unravel" (active cases). Philosophers and many wise men have provided many and varied definitions of our essence, of the essence of life, but most of them support the definition which says that life is eternal change. I already said that that we can only change ourselves with certainty. And that is enough. Everything begins to unravel. Excellent. I hope that this "dramatic" change did not upset you. There must be drama before reaching stable inner peace.

But for a dozen days I have been listless, I just stare at nothing (I still spin, regularly – that's not the problem). Do you experience something similar?

Occasional "listlessness" is an unavoidable phase. Generally there is no major

restlessness, but we don't feel like doing anything. Often such a phase occurs (not necessarily) after a troubling dream.

This is the way it happens: our body is full of cramped sites in our organs, muscles, bones, the brain... in all tissues. These "cramps" match those in our psyche. Every "cramp" corresponds to an energy-wise traumatic experience (which, in most people, does not look traumatic at all at the level of manifestation), from birth on. These are "lumps" of negative energy, of various negative frequencies we have stored into our "unconscious" and in our body because we didn't know how to deal with them.

Since the advent of psychoanalysis the basic way to treat such traumas involved bringing them from the unconscious to consciousness, remembering them. That is a very long procedure which takes years, in most cases the results are poor, and you also need a lot of money to pay for such therapy. When we activate the chakras, when we activate positive energy the traumas are released, the cramps relax, lungs start to breathe properly again, and negative frequencies are cancelled. Energy-focused treatment is the universal remedy and the only remedy that resolves any problem completely. For the thus described energy process of purification and healing by positive energy you need a tremendous amount of energy, and attention is focused inwards. That is why we lack the will for major action because we focus energy on that internal healing. We are quite capable of dealing with what is required on the daily basis, but intuitively we tend to economize energy. In that case we should not insist on self-discipline and force ourselves to regular exercise of any kind (because that's absolutely necessary), to "spring" cleaning (because now's the time for that), to go hiking (because we do it every Sunday)... To the extent possible considering ordinary work and family commitments, let us respect this intuitive focusing of the largest part of energy on that internal process. And let us spin chakras, as frequently and as long as possible. In order to create as much positive energy as possible. In order to avoid habitual seizure of somebody else's energy... You have already seen that this phase passes and that new dash and vital fervor are here again. These phases will alternate for quite some time, as long as there are stored traumas to be positively "reworked" or simply "cancelled".

Now Sunrise: *I practice "merry magic, feel lively, although all of a sudden I feel strange pains in some parts of the body, pains which also suddenly disappear...*

Pains appear in the abovementioned cramped sites when energy starts flowing. They will occur time and time again until all the negative energy is expelled from that "site". They are the sign – "pay attention to that site", says the pain, "use more

positive energy to deal with the issue completely". In order to remove such pains you don't generally use painkillers, because pains point the way to healing and are not insupportable, in the greatest number of cases they are not even strong. All we need is stopping/canceling negative energy as soon as pain appears. By applying the "black sheet" or the "press" it will disappear within a few minutes.

... I have a problem – I can't imagine cutting with the sword under my feet. Because I am standing in my thoughts. I also have the impression that I can't reach all the areas on my back. Can I imagine in a different way? Perhaps with my lying down and some other "me" walking around me and cutting? Maybe this sounds silly, but I had to ask.

We generally cannot visualize/imagine the things causing the greatest problems. Be imaginative and creative in your visualization – why do you think you have to stand ON SOMETHING? And then you can't pass the sword under our feet. You are upright, but you don't need the ground, you hover... and then you easily swish the sword under your feet, three times if you feel like it, and only watch as those threads fall off and disappear. In the same creative way you can deal with your back. Follow the "merry magic" technique as I described it, but help yourself a little with some additional details and thus adjust the technique to your own situation. A LITTLE, I say, with a small detail.

Stay alive and kicking!

May 28, 2007 14:57:30 | [Spark]
Thanks for the comprehensive explanations. One more question: in the book there is a picture with two pairs of spirals: front-back, and left-right?
And, if possible, a word or two on the measurement of frequency, somebody has already asked that, but I found nothing in the book, except the reference to the pendulum, but I don't know how.

May 28,2007 16:59:35 | mindpositive
Spark, on pp. 125 and 126 I said something about the measurement of frequency, but not in detail. The pendulum can spin clockwise, counterclockwise, it can stand still and move in a straight line. Although the interpretation of these signs is a matter of convention agreed with himself by the questioner, when the measurement of the orientation of energy is involved it is clear that you will assume the clockwise spin of the pendulum to be equal to the positive spin of the chakras. All the other directions of movement (or standstill) are signs of blocked energy, to a lesser or greater extent, and the counterclockwise movement of the pendulum is the greatest negativity.
When you measure frequency you measure positive frequency. The pendulum is assumed to spin clockwise. Then you start counting until the pendulum stops. That number is your frequency. Of course, this needs to be checked taking into account whether you feel well or not at the time of

measurement because that means that your energy is truly positive and, furthermore, it means that you are really measuring the frequency of your positive frequency, but let's assume you have mastered that.
How long will you count? Start counting by hundreds. If you reach 1000, continue to count by 200s. If you reach 2000, keep counting by 500s, until you see the order of magnitude. Therefore, if you are at one million, you will not go on counting by hundreds, but by 50 or 100 thousands. If you spin chakras regularly, the frequency increases fairly rapidly. In my case, it increased in the beginning at the rate of 20 to 50% a week, and later on as much daily. It could double or triple in a single day.
I was just waiting for someone to ask a question about the last picture in the book. I deliberately didn't explain it in the book. Whoever reads the book with understanding will know what the drawing means. I'll also talk about that on the blog when we reach the end of the book.

May 28, 2007 20:15:12 | [Spark]

My explanation is that I can spin the central five chakras laterally as well. I believe that it additionally enhances the growth of energy, but I don't know whether it's good to do it already now, not that I haven't tried but I wanted to hear your opinion.

May 28, 2007 22:41:56 | mindpositive

The answer is right, Spark. Crosswise chakra spin, according to the drawing on the last page of the first book, intensifies the growth of frequency, and the changes are faster and more violent. Such an acceleration does not suit some people, which only means that the technique needs to be delayed somewhat. You have everything under control, you can always choose.

May 23, 2007 13:13:39 | [umbrellagirl]

Dear Serena, along with congratulations on your excellent book, let me ask you a question related to the direction of spin for the first chakra spin. That is, I'm never sure about the proper direction of spin. For, if we imagine the observer "on the ceiling" or beneath us, what is the position of his head and his legs? I apologize if I have missed the explanation but this dilemma cropped up whenever I started merry magic. And I would not like to spin them the wrong way and end up in trouble. Thank you warmly for the love you are transmitting us.

May 3, 2007 13:21:27 | mindpositive

Umbrellagirl, for an easier imagining of the first chakra pair (you're not the only one with that "problem"), visualize yourself lying down and watching the first chakra as if you were standing in front of your feet. Watch the part of the chakra at the top of your head as if you were standing behind your head. Remember the directions and "lift your figure" to its feet – and that's that. When you repeat that several times, you will no longer need to resort to the "horizontal".

8.

Tuesday, May 15, 2007

LOVE AND HONESTY, ON ALCOHOLISM, DRUGS...

A new love

...I feel I'm better, my spirits are higher and I generally get along much better with

my husband (I believe that this is connected), and I have more energy for work – says a comment on my blog. Today I shall say a few words on the subject, on better harmony with the partner.

When your energy is positive, you start learning the language of love. For the first time since you were very, very little. Because already as a kid you started to learn the language of worry, the language used by your parents. The language of worry, the language of fear. Nobody understands that. You don't understand yourself, you don't understand others, they don't understand you. A veritable Tower of Babel.

Pay attention to the way you will use to start promoting understanding with your partner. You will finally meet. As people. Not as players of different roles that we impose on one another. Of course, if you are not already totally at odds.

There was a good movie tonight on TV, *Obsession*. About how beautiful everything is when two people meet and want nothing from each other. How beautiful it is when people meet, when they are gentle to themselves and to the partner. When they are friends. Friends – lovers. When such a meeting enriches them for their whole life, even when they have to part. People who think, who say what they think and listen to the partner. And then think together. They have something to say when they are so honest. Then everything they say is poetry. Poetry is not concocted by poets. Poetry is concocted by love.

Listen to yourselves, observe ... Now this becomes possible to you, too. To meet another person. A meeting of equals.

When you make love do not repeat learned movements, don't tend to a known result. Let the bodies meet, too. That will be some new love. Discover it. A new love with a partner whom you have already "run down". The world of positive energy is another world. Everybody in it is new, fresh.

You have already understood that I'm not a poet. I'm giving you facts.

Stay alive and kicking!

May 18, 2007 12:56:45 | nn

There, just to leave my track too on your blog ... I only opened this blog for the first time a few days ago, but there's nothing funny about it... What is funny is the fact that everything I found and read on that day WAS WRITTEN ON THAT VERY DAY (or most of it), and I tried to transmit that and explain it to my mother in law in a positively "cheeky" way, that is, although I

shouted and said things that hurt, they were basically HONEST and TRUE and they were better than all the pleasant and DISHONEST LIES that had settled for years in my life, all out of FEAR that I would be hated, rejected, misunderstood and because of the zillion fears I could imagine... But it's nice to say what you really think, to be what you really are! After that talk my HEART grew fivefold... And than I opened this blog... and it grew fivefold again and now I think that I could put half of a million-sized city into it... But, let's take it easy... it'll grow some more... and then it will hold the entire world... and beyond... I wished I had opened this blog earlier, read all these sentences a long time ago... But... then, before... these sentences would not have existed ... So... Long live the present moment!... Long live love and all those that recognize their negativities and correct them instead of blaming others and fate! A big kiss to you dear Serena, I ordered the book!

May 14, 2007 12:16:39 | [Silvia]

Why do you say that words are not strong, that words are vacuous, that words are weak? My guidelines are: thought (feeling), word, deed, character, fate. Words can certainly be used to squeeze out energy.

May 14, 2007 13:49:54 | mindpositive

Silvia, there are so many words in the world – beautiful, sweet, ugly, terse word... Behind each word there is either negative or positive energy. Negative energy can – you can bet your life - stand behind gentle words. And you can also bet your life that positive energy can stand behind harsh words. Just as there are as many feelings as you like, and they all spring either from love or from fear. Or either from the energy of love or the energy of fear. You can't put it any simpler.

Words serve a lot of purposes, but the pattern is the following: intention and result match the energy giving birth to these words or these emotions.

And, in the context of your previous comment: if your positive energy is not high enough, and the other person is very energy-negative, no words of yours will convince him to try considering positive energy (or anything else of the kind, for that matter). If your positive energy is high enough, you don't have to say anything, almost, he will understand and perhaps accept, or just go away.

May 14, 2007 16:21:21 | [Sungirl]

Dear Serena, I forgot to add that I spin the back part of the chakra as an observer, i.e., I watch my back. That is, I am in the middle, I spin the front ones from the inside and the back ones someway from the outside .... well... is that alright or should I change something? As regards symptoms, I feel I'm better – my spirits are higher and I generally get along better with my husband (I believe that this is connected) and have more energy for work. However, physically there is a fever blister on my lip, and a pimple on my neck, something I have never had... Is that normal, is my body cleansing itself in a way or am I perhaps making mistakes in the procedure? What is the minimum number of daily chakra spins in order to feel changes, if we really cannot do it ten times a day? When I work, I spin them on the average five times. Thanks a lot Serena!

May 14, 2007 17:44:53 | mindpositive

Sungirl, in order to avoid mistakes observe yourself from the outside both for the front and the back part of a chakra. The improvement of the psychophysical condition is expectedly okay. Fever blisters (herpes) and pimples are signs of body cleansing, and they will keep occurring occasionally in the future as well. But – and that is the important difference – they heal MUCH FASTER than formerly. How many times a day? I said in the book how many.

May 11, 2007 8:45:12 | [Eta]

Serena, in your perception, are alcoholics and drug addicts in most cases active or passive vampires?

May 11, 2007 18:40:58 | mindpositive

Eta, every active vampire started his "career" as a passive vampire. However, some passive vampires will never become active. Then, there is hierarchy, an active vampire drains many people in the greater family and among friends. A passive vampire also tries to make up for the loss by negative energy spin, but he has a very limited circle of people to drain. A passive vampire stops draining his clients as soon as an active vampire "lets him be". An active vampire never stops draining someone. When he has "squeezed out" someone, he immediately switches to the next person. In human behavior this is recognized when a person takes up too many tasks and chores (although not necessarily), performs work instead of others, everything must be perfect (along with other described properties).

Now about addicts. Hard drugs, alcohol and tobacco really reduce physical and mental PAIN that people feel when an especially strong active vampire drains their energy, often at a very high speed, like a hurricane. Just as dulling pain with Voltaren pills DOES NOT CURE the cause of the disease, drugs don't deal with the problem either. That is a generally known fact. What is not known is WHAT IS THE PROBLEM. Thus, only the addict is treated in stead of mom, grandma, dad, grandpa, and possibly the aunt, sister... Addicts feel such pain that they are forced to take something in order to reduce it. This is why any moralizing about them is truly disastrous, and so is calling them weaklings with no willpower who don't want to desist from drugs/alcohol/tobacco so to speak because of a whim. In order to help them we need to find "their" vampires who need to activate positive energy. At the same time addicts also need to activate their chakras. If only addicts did that, that would be absolutely inadequate.

In conclusion, alcoholics and drug addicts often relatively quickly turn from passive into active vampires, otherwise their life is in jeopardy, but that only apparently "gets them off the hook". When that happens, there are at least two active vampires in that family, which poses a terrific burden for the other members (that is the general picture). The point at which an addict will become an active vampire is really an individual matter.

May 11,2007 22:49:35 | Silvia

As I figured, you attended yoga sessions? You understood chakra activation in the positive direction on your own (by reading, looking at pictures, visualizing, with patience) or did you have a practitioner next to you?

May 11, 2007 23:04:39 | mindpositive

Yoga helped me a lot to limber up my body and improve my fitness. That, certainly, relaxes mentally as well. My yoga instructors, and I also read and heard great gurus, talk about chakras, but they never said that chakras spin and then, of course, said nothing either about the direction of such spin. *Yogi*, yoga practitioners, are vampires like everybody else. Checked. Yoga does not solve that.

In Barbara Ann Brennan's *Hands of Light* I noted that chakras spin and that they have a front and a back part. However, she does not indicate that we can move our chakras OF OUR OWN ACCORD. She describes how SHE treats the chakras, and what you can do yourself is meditate, practice, become aware of your actions...

All these are nice little exercises, but progress is poor.

I reached all the rest on my own. WE MUST MOVE OUR CHAKRAS OF OUR OWN ACCORD, and that is truly essential (and that does not exclude the need for "allies"). We don't

need any energy therapists, healers or others. They are a nuisance.

May 8, 2007 23:57:27 | nn

As Lazarev say: Time is feeling. Space is feeling. Matter is feeling. Love is feeling.

May 9, 2007 12:19:21 | mindpositive

Lazarev is one of the best seers and, perhaps, the only person who has so far observed (according to my information) that the improvement of the health of one member of the family leads to the illness of others, and that the proper understanding of oneself and one's relations is essential for healing. His books helped me a lot in understanding the nature of quantum energy in the human field. However, on the basis of his picturesque insights Lazarev failed to reach the understanding of how and why energy functions in the human field. I highly appreciate the fact that he has openly said that in his books.

In endeavors to understand the HOW and the WHY of human energy, I plunged into physics, and it is only in quantum physics that I found the basic property of energy (and matter, i.e., atoms), and that is the SPIN OF SUBATOMIC PARTICLES, i.e., the property of the obligatory spin of subatomic particles; they can spin left or right, and this matches my very thorough study of what I call negative and positive energy in the human energy field.

9.

Saturday, May 5, 2007

Is it essential to live long? Or is the way we live more important?

What is the reason why grandmother Irena, as the strongest or the first vampire, the vampire that carried along all the other misfortunes in the family, lived the longest?

That is what Silvia asked, and here is finally the answer:

I wish you didn't ask that because I must say that a strong active vampire PERSONALLY reaps a number of "advantages" from draining the energy of other people, and, of course, the vampire mainly drains the energy of his/her own children, their partners, grandchildren... Thus, the vampire's next kin only suffer heavily while the vampire benefits.

I wish you didn't ask me because a careless reader might remember only the vampire's "advantage", which is apparent, but I'll answer honestly because I hope that the people that follow this blog or that have read the book are no longer careless – of course, because their energy is positive (if they spin their chakras regularly).

Grandmother Irena gave birth to seven children. One child died after birth, one at three, and the others survived. Therefore, she had five sources of energy plus the

members of their families. She really had abundant springs of energy (something that people with one or two children don't). Abundant, but not inexhaustible, as we have seen.

It goes without saying that health and long life are good for a person. Is that quite so? In most cases health and long life don't go together because the older the sicker rule has very few exceptions. Are we so superficial in our extremely materialistic understanding of the world that we do not recognize this at all?

Grandmother Irena generally enjoyed fairly good health and smartness (up to the one but last year of life). But she was not at all a happy and satisfied woman, and her physical health was not at the same time mental health as well. She watched two of her children dying at a mature age before her and too early, her husband died in his best years, she watched her sick grandchildren, watched their financial prosperity decline, watched family quarrels all around. She installed a CONCERN pattern in her head because she mainly did not cultivate other negative emotions. Concern was enough for all the adversity that struck them. It is the same concern you think you need to feel, concern for the children, for the partner, for the parents – "will anything happen to them on the trip, will they pass the exam, will they find a job, will they be happy, will they..."

CONCERN stems from fear, and RESPONSIBILITY for our fellow creatures from love. Can you grasp the difference?

The CONCERN felt by grandmother Irena even at an early age, when things were looking up for the children, continuously created, to everybody, life situations called TROUBLES, and thus she could continuously be CONCERNED because troubles always grew anew like mushrooms after the rain. THE CONCERN PATTERN IN HER HEAD CREATED NEW CONCERNS. That was her frequency of negative energy and she couldn't get rid of it. Because she did not know that she also existed as an energy-bound being, because she did not know that it was a fundamental part of her being determining everything else. Of course, then and until now, nobody knew that.

Irena's children were worthy people, and in the hard but also buoyant times after World War Two they all found jobs, married and settled down. She never found it sufficient, no daughter or son in law were ever to her liking, she continuously schemed and encouraged quarrels among the members of the family.

Isn't that a terrible fate? Even went everything was good, she was never satisfied

with anything or anybody. And that was not all. With her negative energy she slowly but systematically destroyed them, as I described in the book. She mainly kept her physical health but that's why all her children were sick, and two adult children died quite a few years before her. She preserved her physical health, but deep down she was totally unhappy about all that.

Where was happiness there for her, for her children and grandchildren?

Was long life in itself proof that it was a good life? For the person involved and for her next of kin?

Active vampires can maintain their own physical health for a fairly long time on other people's energy. They can do that, but often they also fail; I shall some day explain the mechanism in detail. But because of that their soul surely goes to the dogs, and that can be seen in their bad character, absence of responsibility toward other people and lack of morality (often in the form of grievous selfishness).

At one point in the book I stressed that active vampires, when they get positive energy going, need to monitor as proof of their well-being the health and vital situations of their kin and not only their own.

Thus, chronic patients need to watch how their illness affects the family. In most cases, everybody gets sick little by little in families with a severe chronic patient. The patient takes them all along. Nobody connects that, nobody thinks about it. "I'm healthy, and that's what matters", and nobody's thoughts go beyond that, because "the others got sick, who knows why, you never know why anybody got sick". I showed that this is all connected, we are all connected. And I also explained why I think that negative energy is the <u>cause of all illness</u>. If we want to deal with a problem, we must be aware of this connection. Pale is not alone in the world.

We are connected because we are energy-bound beings. Even when we want to tear away from settings or persons that do not suit us, that is not easy, as we know, although we think that our decision is strong. It is not easy because we don't know the laws of energy bonds, and the bond remains. Regardless of space and time.

Ask your Higher yourself,
Is it true that, if you didn't care,
You would still get there where you are now,
But in a much more pleasant way.

Concern and fear
Are not an express train ticket,
They are superfluous baggage.

(Emmanuel's Bok II)

Stay alive and kicking!

May 22, 2007 13:24:03 | 012station
Don't get me wrong, but as a man of science... I only digest what is based on physical laws. Even some unusual things are simple and easily explained in terms of these laws.
May 22, 2997 13:56:24 | mindpositive
If you want to say that you don't find my book "digestible" because it is not scientifically founded, I must say that you are very superficial, and that is quite an unscientific property. I can't understand how you missed, as a "man of science", the fact that I expressed my theory geometrically and explained it with the fundamental property of subatomic particles, that is, the spin, to mention only that part of the explanation. All laws, physical laws included, have been supplemented and modified through history... New things have always caused resistance. An innovator must have the guts to publish a novelty, and then people who are motivated for one reason or another need to look at the novelty carefully. Every novelty did not survive the judgment of time, some novelties even died waiting, and some other time accepted them... Some novelties were also bad eggs. Everybody judges freely. That's the beauty of it. You can participate in the adventure of novelty. But not necessarily.
If, some day, the novelty is accepted by the majority, others accept it automatically carried by the inertia of large numbers. They miss the adventure. Not quite. What is good is good, at least for a time. Until some other time comes along... Whatever is good remains as the foundation for a new step forward.

10.

Tuesday, June 5, 2007
STUDENT FAILURES
"Shit happens"

That's what people usually say. We always remember the saying off and on for one reason or another. (The polite variant would be "you can't avoid trouble" – but people prefer more poetic versions which are often improper, and so, I must say, do I). I again remembered the expression when I recently read how one of our fellow bloggers sent himself birthday congratulations in an interesting and candid way. Brief and clear. He did not spare himself. As you already know, I appreciate sincerity and clarity most of all. I am transmitting his full post, and then I'll explain

why:

There. Today's my birthday. I am 23. Fuck it.

What have I achieved up to my twenty-third year? I finished primary school. I finished secondary school. I enrolled in law school. I flunked one year. I flunked one year again. I passed one year. Managed some exams. So, I'm no genius.

I was in hospital six or seven times. I broke my arm three times. I knocked out six teeth when I fell off my bike. I fucked up the car engine and dad had to buy a new one. I broke a window, a door, a car, a lawn mower, cell phones, glasses, plates, cupboards etc. etc. So, I am not fit for anything.

In my life I've trained swimming, tennis, waterpolo, pistol and rifle shooting, rowing, I went to fitness clubs and tried kick boxing, but I wasn't keen on any of these for longer than a year. So, I'm no good at sport either.

I hardly know how to switch on a computer. And by the age of sixteen I knew how to take it apart and assemble it again. Now I have problems with the power key. So, I am no good with computers either.

So, what am I doing on my twenty-third birthday? Learning. Law of penal procedure, and writing on my blog and forum.
Shit.

Happy birthday to me. Just great.

The man doesn't lack wit, but that's not the reason why I'm quoting him. If we take each of these unfavorable events specifically, we could say that they happen accidentally, the boy had "bad luck".

But the man struck a balance of his young life and rightfully concluded "shit". That is no longer just a fix here or there. This is a PATTERN of a pile of troubles which multiplies relentlessly. Our young blogger is not a rare phenomenon of this kind. He belongs to the vast majority of young people burdened by the pattern of such troubles in life.

Why such a pile of trouble in his young life? Did he make a mistake? What a mistake? And what should he do?

I hope he won't mind my analyzing him here. First, because he is anonymous, just like all of us on blogger.hr. Second, because this is a serious problem and I would like to analyze it, and thereby help someone in the process.

Whoever has regularly followed my blog probable guesses how I am going to analyze this case. And he/she also knows that comments are rare on this blog, not because they are not welcome, but it's not easy to comment a book either. Especially if you haven't read it from the beginning to the end. Things become even harder if you've read it all because it opens such a new dimension of consciousness, and of the mind and reflection, that one rather prefers to shift gears in one's head and arrange it differently.

Now we're in different context. The theme is not a book but the analysis of an example, so I'm inviting you to say what you think about the situation of our twenty-three-year-old. Just in case, I'll also write what I think about it, whether you comment it or not. And yet I find it useful, now that the bulk of the book has been published, to stir up dialogue. We'll see where this will take us. There, the floor is yours...

Stay alive and kicking!

June 8, 2007 12:12:27 | [Sungirl]
Dear Serena, I have noted that I've become very sensitive to negative energy and I feel it right away – my brain reels, I am awfully tired, and the targeted attacks of some vampires (I have two such cases in my office) give me a terrible bellyache. Likewise, thanks to your advice I decisively repel one vampire when it starts "wailing" and yelling, defaming everything and everybody in the office. I absolutely and resolutely repel all that and make it verbally clear that I'm not interested in all that and that I don't want to spend my time and energy on that. And I leave. Thank you very much for everything.
June 8 22:07:09 | mindpositive
The sites on the body or the organs that hurt when we are exposed to attacks of negative energy are sites weakened already from before. Therefore, in addition to spinning the main chakras, at such points we need to "install" a pair of auxiliary chakras and spin them as well. Sometimes the "site" or the organ recover in a few days, but the process can also take several months, and even longer. But you'll recover. You have the strength for resolute resistance at the behavior level, and that's good. They'll leave you alone because they will necessarily look for an easier victim.
(Note: I published the "black sheet" technique only a year later. If Sungirl had known about that, by applying the "black sheet" she would have, first, stopped the negative energy of the people around her, and could then freely spin her chakras. Along with the description of the "black sheet" technique I also explained why I hesitated to publish it.
June 10, 2007 12:49:51 [Ratka]

I already wrote. Some ten days ago. I started to practice “merry magic” as soon as it appeared on Internet. I was very pleased for a few days, and I thought I was succeeding. I practiced continuously, and stopped only when I slept. Now, after twelve days, I feel so poorly that I can’t even describe it. I am furious. Fury simply tears me apart. I am especially furious with my partner. I have the impression that everything works against me and against my will, and I feel I’m impotent to get events going the way I want. That is why I feel unbearable fury which simply tears me apart. I have never felt such fury before. I am also bothered by my friend who continuously rehashes the same events and always wants to be right. I don’t want to offend her, but I can’t understand how she can always and always be right. I simply don’t believe she can help me in any way. I am afraid to contact or even think of my son and his family in order to hurt them with my fury. I still spin my chakras, but I fail to see the point because this fury has been tearing me apart for two days. I am desperate.
I forgot to write that I bought the book and read a half. I am reading it slowly because I enjoy every sentence.

June 10, 2007 21:55:31 | mindpositive

Just keep spinning your chakras, Ratka, i.e., do the complete “merry magic”. That fury has been with you for a long time. You pushed it into your unconscious, and you could do it only by stopping your own energy and turning it into negative energy. Now you are slowly becoming aware of what is bothering you, and by using positive energy you will reach the cause of your negativity, which will disappear in time. That may take some time, one needs to be persistent. If you have (unconsciously) concealed your fury for fifty years, you will need some time to get rid of it, not fifty years, of course. The time required by each individual to return to the “positive” cannot be foretold.
The higher your energy, i.e., the higher your frequency, the better you will understand what is disturbing you in your relations. Most essential of all, do the “merry magic”.
No need to be desperate, the “merry magic” works 100%.

June 11, 2007 8:37:33 | [Spark]

Believe me, Ratka, you’re not the only one. Of course, I am not furious all the time, but all suddenly it breaks out. When that happens, I feel like an elementary disaster threatening the people around me. But it passes... Usually I shape it into words if I know what or who is involved. And it happens less and less frequently.

June 11, 2007 18:08:02 | [heart on a break]

Dear Serena, I haven’t bought the book yet, but I read all the posts even several times, and I am really fascinated by everything you write about. I tried to spin chakras, but it seems I am spinning them in the wrong direction because nothing happens, and I’m still under the influence of my mom, a psychic vampire, I started losing the sense of morality in every respect, I left the person I loved because of somebody else, and in all that I am not sure what and whom I want, I am chronically tired and in need of sleep, I want to sleep all the time, I think too frequently about life and the future, mainly in negative terms, I am assuming the traits of a hypochondriac, I imagine illness, I have never seen myself in such a negative light as I do now, and I have never imagined myself in such a bad light, all that is enhanced by mother’s tyranny, and the condition gets worse, explain how I could establish balance and again start to release positive energy. Best regards and thank you.

June 11, 2007 22:25:50 | mindpositive

Heart on a break, your following the posts is a good thing, but you’re not telling me how often

and how regularly you practice the “merry magic”. I assume you are doing the “merry magic irregularly and infrequently. You need to do it every hour, just as – after all – everybody else, because you obviously have a major problem with your mom. Second, you necessarily need a positive ally. If you could win dad’s support, the two of you could overcome mom’s negativity. Think of something – give him a book as a present. Talk with him face to face, seek support. If you can’t get dad for positive energy, think of an aunt, uncle, cousin, or at least a friend. Allies are very essential in difficult situations (I wrote about that, but you still haven’t read the book).
But what’s most important is your decision to try to deal with your problems. You need to devote time to that, to think about it.
If you formulate your questions in a better way, my answers will also be more detailed. The description of your conditions matches a person in an unbalanced position between a passive and an active vampire. Now’s the moment to cast off this false dilemma. The third option is the right one – positive energy – but you really need to try hard.

11.

Tuesday, June 12, 2007

MORE ABOUT POOR STUDENTS

“Shit happens” - but WHY?

This is what I’m going to say about our Honoree (let that be his nickname for this occasion) for his twenty-third birthday, even more briefly and clearly than he did himself:
<u>All the problems in his twenty three years occurred because he is a victim of NEGATIVE ENERGY.</u>

What have I achieved up to my twenty-third year? I finished primary school. I finished secondary school. I enrolled in law school. I flunked one year. I flunked one year again. I passed one year. Managed some exams. So, I’m no genius.

= Has no energy for learning. Tries, but the results are poor. Still has some will, but nothing without energy. For learning you need high frequency energy which develops only by positive chakra spin. Grubbing will not help you at all, you just get fat and only slightly alleviate the mental pain due to the lack of high frequency energy.

I was in hospital six or seven times. I broke my arm three times. I knocked out six teeth when I fell off my bike.

= When they systematically steal your energy, your immunity decreases (medicine

has no idea why immunity drops) and you get sick for all kinds of diseases. The physical body also loses its fine motorics and coordination of movements, which is why you have falls, fractures and traffic accidents.

I fucked up the car engine and dad had to buy a new one. I broke a window, a door, a car, a lawn mower, cell phones, glasses, plates, cupboards etc. etc. So, I am not fit for anything.

= At this point I definitely burst out laughing, although the case is serious, momentarily perhaps more for Honoree's dad because he is still paying for all that. No, I go back on my word because the Honoree concludes, in his inspired sincerity, to which I touch my hat: *So, I am not fit for anything.* You need guts for such a conclusion. He knows that matters are not hat bad, but guesses that things "lean that way".
The explanation is the same as for motorics – messed-up motorics. You fall, or things fall from your hands, or you handle them poorly and they break, when someone suddenly drains a lot of energy from the energy field. That does not happen every moment, but, as it seems, that happens to our Honoree more often that to others.

In my life I've trained swimming, tennis, waterpolo, pistol and rifle shooting, rowing, I went to fitness clubs and tried kick boxing, but I wasn't keen on any of these for longer than a year. So, I'm no good at sport either.

= With no energy you have no chance for success in any sport. You won't even be active in sport, not even recreationally. You save energy for your brain. The Honoree is still young (23) and tries to do something in sport. He changes disciplines in trying to find something that strikes a responsive chord. He can't find it because he has no energy for anything.

I hardly know how to switch on a computer. And by the age of sixteen I knew how to take it apart and assemble it again. Now I have problems with the power key. So, I am no good with computers either.

= By fifteen, sixteen the vampire's victim still manages to stand on his feet. And then grandmas and grandpas seriously start to fear death (especially if they are seriously ill) and start to radiate negative energy at an ever faster rate. Dads and moms get into a midlife crisis, partly because grandpas and grandmas radiate fear of death (which is probably the strongest of all fears), and partly because they start to strike up a balance of their life which, in most cases, does not instill a lot of self-

confidence, and they also begin to fear the pointlessness of their own life. In this way they additionally reinforce negative energy, i.e., all together they become stronger and stronger vampires. As we remember, FEAR is the basic expression of negative energy at the level of psyche. Thus, many good students become bad students between sixteen and twenty. And nobody has any idea why.

Who is paying the bill in a bar with no lights? Children. Why the subtitle of my first book read "and how we barely survived parental love"? Because. And our Honoree also speaks about that "bare survival".

One of the results of these dramatic events everybody is hiding from everybody's sight is also the following: after the first year, the number of students in college drops by one half, and a great number of those that drift on toward graduation stretch the duration of their course for almost ten years (that's at least how matters stood in my country until the "Bologna Process"). Thus, our Honoree also took his computer apart and put it together again at sixteen, and then younger and older geezers collected his energy to pay for their fears, and so he has problems with the power key at twenty-three.

So, what am I doing on my twenty-third birthday? Learning. Law of penal procedure, and writing on my blog and forum.
Shit.

Happy birthday to me. Just great.

Honoree, here's my present – you're not doing as badly as you have wittingly described because you still have strength for candor, because you said in just a few sentences what other people will seek to avoid all their life, because you cut jokes at your own expense and because you still strive ("striving matters" – Honoree's blog nickname). Yet, after honest striving we naturally expect a good result. However, without positive energy there's no good result in Honoree's sight. Maybe he'll be happy with surrogate results, and, along the usual sequence of events, become himself a dad, at one moment he'll be gripped by fear of the pointlessness of his own life, his parents will switch to fear of death... and the story will be repeated from infinity to eternity...

There. Today's my birthday. I am 23. Fuck it.

This is why they say "shit happens". And it indeed happens in piles – all the

sickness, money crunch, love washout, all other failures and all kinds of "objective" trouble have one and the same cause – a strong field of negative energy. Which you radiate and/or which someone around you uses to drain you (actually, combinations vary in different directions).

I said that already at the beginning of the book, but you duly forgot it. Then Honoree reminded my to remind you.

Stay alive and kicking!

June 1, 2007 17:37:28 | [SEA]

Dear Serena, along with unconscious vampires matters are made worse by conscious thieves of energy who play with it pretending to be great magicians and wizards – unfortunately, there's much more of that than people want to know – I can even safely say that more and more people engage in every kind of magic and visit fortune-telling hags. They deliberately harm others if they are not well – they play with energy by doing evil to people around them. What can we say about that? How to put an end to it? What frequency do we need in order to successfully resist such attacks of evil? Regards full of support!

June 12, 2007 21:47:31 | mindpositive

Sea, I have already answered somebody regarding this topic. It is true that certain people manipulate energy in a negative way, and even charge it. They are in business only because they have clients that want such services and readily pay for them. There are also more benign specimens selling all kinds of talismans and other "good-luck" products. All that is fool's tax. Negative energy mediated through spells by some obscure magician does not exist as such. There are only close persons that steal your energy with negative emotions and thoughts. Whether he/she goes to a fortune-telling hag or not. A good part of my book speaks precisely about the way of arranging relations with people around you, primarily on the energy basis.

How high a frequency is required to resist evil? Every negativity is very individual and has its own frequency. The problem is the fact that we are mostly connected with people around us by identical negative frequencies; therefore, both he and I have the same negative frequency and THAT connects us. As long as you feel/emit vampire attacks (according to the list of symptoms I mentioned in one chapter) you need to increase your frequency because thus you erase your own negative frequency and also the possibility of resonantly vibrating with somebody's negativity.

Essentially, you only need to note these symptoms and, as long as they are present, practice the "merry magic" as often as possible and activate likewise the "auxiliary" chakras at the painful sites.

In such a conscious process negativities motivate you to grow spiritually. Sometimes you can think "is there an end to it?", but the further you proceed along the process is nicer and nicer although there are always back-breaking moments.

June 12, 2007 17:48:48 | [heart on a break]

Dear Serena, it's always difficult to ask something, I could write an entire book about it, about relations with mom, about "vampiring" men... I'm only afraid that I might some day start doing that to my child, I would never forgive myself. I was raised with a love deficit, and I don't want

that to happen to my (future) child. In fact, I would be interested to know whether I escaped from my boyfriend because I stole all his positive energy and need a new victim, if I have become an active vampire? Is there any chance of my ever finding love? I know you're not a seer, I mean as far as the issue of energy is concerned.
P.S. I'll by the book on Saturday. Cordial regards!

June 12, 2007 22:12:19 | mindpositive

I almost have nothing to add, heart on a break, except repeating that you need to try to understand and decide what you are going to do. If you remain under the influence of negative energy (whether you are a passive or an active vampire) you will not, of course, be happy in love, although you are pretty and intelligent. How can you find love as long as you're driven by fear? Only after you begin to radiate love you will meet such a loving and not a fearing companion. Everything depends on you, on your decision, on your persistence and will.
As a true little vampire you would like to find everything in somebody else. You can't have it that way. Actually, you are under the strong influence of negative energy, but it's still up to you to decide and choose what you want. After all, nobody can deny you that right.
The book describes how to activate positive energy.
If you continue to come on to boys while essentially begging them or manipulating them to give you energy, because that is the essence of your connections (I have reached this conclusion by reading this person's blog for some time; *author's note*), you will certainly steal the energy of your child. Because otherwise you will not know how to get energy. And you can produce it yourself with your consciousness.
The way you started, you'll be the same as your mom.
And yet everything can be completely different. In a moment. If you decide so. And then, as a responsible person, do all it takes to achieve your goal.

June 14, 2007 12:08:55 | [Sunrise]

Darling
There, just to give a sign of myself and report on my "progress"... So, when I started to do magic, at first I could not even imagine passing the sword along my back... But now I can say, after not too much time, that my visualization is much sharper, momentary, clear, not only with regard to cutting but with regard to anything, and before I could not visualize anything! As soon as I started spinning, my back would get stiff, and I even had to take injections and therapy, I still imagine secondary chakras on that spot where it hurts the most, where an ugly fear or anger is obviously stored, but I'll wrench it out ... oh yeeees! Just let it hurt!
Relations – I find it simpler to come up with words to explain the core of my thoughts instead of beating around the bush and idle daydreaming, I now talk more about what I think instead of suppressing things. Job – my brain works much better, my fingers just fly over the keyboard, hahahaha!, I type all day... A big kiss and, of course, thank you for sharing with us all your carefully collected treasure and experience! I haven't read the book completely because I couldn't help forwarding it to a friend who needed it!

June 14, 2007 15:12:55 | mindpositive

These observations are precious, Sunrise, because they are mentioned in the book and because everybody who activates chakras and positive energy can recognize them. There's nothing of the kind you come across in medicine or psychology, "maybe it will be this way and maybe that way, and who knows how it developed, there is probably something genetic about it, as well as an environmental factor." Everybody goes through the same processes, some faster and some

more slowly. But there is also a known pattern at work: if you have accumulated more cramps in your body and in your soul, you need more time to relax, to heal; if you spin your chakras more often, the time is shorter, although in that case reactions can be (not necessarily) more turbulent (but if you know about it you're not afraid "woe, what is that now?").
Pain, nausea, "colds" surface to all people as soon as they start spinning their chakras because the body and the soul get rid of suppressed material. They reoccur periodically, but at an ever slower frequency and milder and milder symptoms. After you have somewhat raised your frequency, you can note how you can accurately control the symptoms by additional spinning of the main chakras and the "auxiliary" chakras on the painful site, and then they disappear within a few minutes or hours. And one would expect them to last days or even longer.

June 15, 2007 13:00:38 | [Peter]

I follow your blog regularly. I also read the book. So did my wife. I think you've opened up an area in an entirely new way, especially by combining it with scientific propositions. I support and accept practically everything you wrote and endeavor to work according to your instructions. However, some things have been happening both to me and to my wife. I have experienced some positive changes in my life, but some dark, bad forces also seem to have been activated. I mean, the negativity of other people in relation to myself and my wife is also becoming more pronounced. Is that all connected in a circle? Does negative energy grow stronger as long as positive energy is reinforced? Or do we use your experience and your technique the wrong way? Or what? I'll write again. Maybe in greater detail.

June 15,2007 16:06:51 | mindpositive

Peter, your observation is correct - "dark forces" also become more pronounced, even between you two, because they are certainly there (they are there in every marriage), but what is excellent is the fact that you are both spinning chakras. Understanding is very, very important: even the best person doing his/her best to act correctly, experienced traumas and fears at least in childhood, if not anything else fear of being forced to control urination and bowel movement. But he/she has certainly experienced other fears as well. With his/her effort to be "good and correct", and knowing nothing about the mechanism of positive and negative energy (he/she couldn't have known), the only thing he/she could do was to PUSH FEARS INTO THE UNCONSCIOUS, and that at the same time means into the physical body as well.
If people starting positive energy were someplace with no negative energy, these suppressed fears would slowly "blend out" and disappear. However, at the moment there are very few "positive guys", and they are all surrounded by "negative guys".
If you activate energy in the positive direction, islets of negativity are also activated within you, everything is ACTIVATED. Every negativity has its frequency. When you meet someone with the IDENTICAL FREQUENCY (in most cases this refers to family members and friends), these two frequencies RESONATE, and this means that they REINFORCE each other (plain physics).
This, then, is tiring, but it has its advantages – it tremendously accelerates the process of frequency growth (if you then do the "merry magic" very often), i.e., you get and more positive energy and all the respective benefits. In this way you annul these unconscious and suppressed fears – that is, at the energy level, the matching frequencies. Therefore, if we know how to do it properly, the work of "dark forces" can be recognized and annulled, and they were present here before just as they are present now.
What is essential, you need to follow the instructions I gave in the book both at the behavior level and at the level of energy exercises. At the same time, your situation shows that you two

SUPPRESSED QUITE A FEW FEARS, I.E., NEGATIVE ENERGY. If you hadn't done that, you would experience the same thing I did, as described in the book – as soon as I raised the awareness of positive energy and of the chakras nobody was ever again rude to me at the behavior level. But they were surely unpleasant at the level of unconscious energy attacks. Nevertheless, with the "merry magic" and perseverance negative frequencies will disappear one by one. Therefore, it is true that as soon as positive energy grows stronger, so does negative energy as well." But that is geared to purification, healing. One needs to pass through purgatory. Yes, that would be purgatory.

Peter, I see a small hole in this logic – literally speaking, that RESONANCE indeed reinforces the two negativities. But you now have the way to deal with that, to discharge, annul negativity. Suppressed into the unconscious, it used up a vast amount of your energy in order to REMAIN SUPPRESSED, CONCEALED. Just as a big blown-up ball that you have to keep under water.

Now the ball springs to the surface, you say "watch out, I didn't know I kept that ball under water", then you pierce it with a small needle and it blows itself out. If it doesn't deflate right away, pierce it again with a small needle ("merry magic"), and it will truly blow itself out and disappear.

I didn't manage to find a faster and less painful way of deflating that ball, and I assume that this is because we need to UNDERSTAND negativities, those are our essential mistakes. If we don't understand them, we'll repeat them. Even if the energy process is somewhat autonomous, it is closely connected with the development of awareness of oneself, of everything. With the understanding of oneself and of everything.

In other words, if you do your "merry magic" well because of the present negativities, your own and those of other people, the PROCESS OF RELEASE FROM NEGATIVITY WILL BE ACCELERATED. Probably our time wants to have it accelerated, although that is more tiring because our world is indeed on the brink of collapse because it is totally overpowered by negative energy. We don't have much time.

12.

Sunday, June 17, 2007

HEAT, SWEATING

I like girls in summer dresses

(from a popular song)

Hot spells. Summer started, so what if it's hot? Older people can't stand heat. But why can't young people stand heat? Many of them. Can't stand summer. Come on!

Nobody ought to suffer from heat. Whether young or old.

Why can't you stand heat?

When your energy is NEGATIVE, you can't stand either heat or cold. You're cold in winter and hot in summer.

Because you body controller, which is responsible for the optimum warmth of the body and which can absorb all the conditions of the climate in which you live, and much more than that, does not function when you energy is negative.

Here's another test to check whether your energy is positive or negative.

For the same reason, i.e., because of negative energy, we have become too sensitive to the Sun. In spite of ozone holes, we would stand exposure to sunshine quite well if our energy was positive. The higher the frequency of our energy, the better, because in that case our energy resembles more the energy of the Sun. When our energy is negative, it is "at odds" with the energy of the Sun. Isn't it totally absurd that we must escape from the Sun when that is the best way to have healthy and strong bones. Osteoporosis rules, starts at an ever earlier age, and we flee the Sun. Both happen because of negative energy. First you are affected by sickness, and then natural healing becomes impossible because exposure to sunshine really fails to please you. "Welcome" to the absurdity of negative energy, and may you leave it as soon as possible. That's why you need to set yourself a task – raise the frequency of your energy. In addition to what you have to do in order to keep it positive.

Observe, observe yourself in this regard as well. You'll see, you'll understand what it's all about.

Only don't listen and read those ridiculous "bioforecasts" suggesting you ought to feel poorly in some weather conditions. When your energy is positive, you are in harmony with nature, and all weather conditions are good. Because we are perfectly adapted to the climate conditions on this Planet since we exist. Of course, we adapt most easily to the climate we are used to, and for others we need some time. A little more if you are to get used to an altitude of 5000 m, where the air is rarefied, and there you need but two weeks!

I am not talking about pollution caused by man. And in that respect we have understood that we need more discipline, and we succeed somewhat in the effort. The greater the number of people with positive energy, the more successful we shall be in avoiding the destruction wrought by engineering and technology in the natural environment for which we are created and to which we can instinctively adapt.

That's why, if you are down these days because of a wave of heat and sweating,

whether you are young or old, you need to know that in such moments your energy is spinning counterclockwise through your own or somebody else's "merit". Work on your chakras, practice the "black sheet" and enjoy the pleasures of summer. This is especially true if your face sweats. There is no reason why your face should sweat unless you are involved in a physically demanding activity. Sweat on your face is a sure sign that someone is vampiring in your brain.

Enjoy the fact that you don't carry along pounds of clothing, enjoy thin cotton shirts, sandals. As a popular song goes, "I like girls in summer dresses…"

Stay alive and kicking!

June 17, 6, 2007 22:24:06 | [Sungirl]

Dear Serena, thanks for this post. I just wanted to write to you about how poorly I stand humid heat, with the sirocco and the pressure. All the weekend at sea my brain reeled, and even chakra spinning or merry magic did not help. On the contrary, I even felt worse. When I tried to spin the chakra at the top of my head, I had a terrible spell of dizziness. Only when I jumped into the sea, and wet my head and hair, I was able to recover. I just thought I was doing fairly good and that I am a little positive, and now I see I'm up to my neck in the negative. I also think that an active vampire, a casual acquaintance, terribly exhausted me (his story is typical – vampire mom), so I couldn't walk for dizziness. For the past three years I find it terribly hard to stand severe heat. How can I help myself when I get worse and worse even while doing the magic and spinning my chakras? Thank you!

I remember one more thing – my body heat controller does not work at all – people usually sweat and regulate that naturally (so does, for instance, my husband), but my body just gets warmer and warmer until it becomes hot.

I still wanted to tell you that one of my great morbid fears, fear of certain animals, surfaced, I can't watch them either in pictures or on TV. Does that mean that I am progressing regardless of everything?

June 18,2007 7:53:40 | mindpositive

Sungirl, you are now in a sensitive phase, you're not strong enough yet. Now you need to be very selective in associating with people. As soon as your acquaintance began to spin his story, if you saw that you're being used just as a shoulder to cry on, you should have stopped that. He had no positive benefits from stealing your energy, and neither, certainly, had you. And you also somehow need to put together the members of your family. In this phase you need to reduce associating to a minimum, regardless of who is involved – loneliness is the best. The sea and the sun certainly help. So does music, dancing. Especially if you play an instrument or sing yourself.

"How can I help myself when I get worse and worse even while doing the magic and spinning my chakras?" This way matters get more complicated because of our strong HABIT TO BE VICTIMS, OUR HABITUAL WISHING TO HAVE OUR ENERGY TAKEN AWAY FROM US. And perhaps you are spinning your chakras the wrong way, check that additionally.

Not all the energy victims are such extremely "lazy lays", if you'll pardon the expression, but you are. Just check who to stay away from, keep him/her at a distance, or, if it's a very close

person, win him/her over for cooperation and “merry magic”.
As to your comment about your body always being hot, that could mean that a vampire in your vicinity is connected with you. You constantly procure energy for at least two persons, and that’s why you are always hot. This means that you haven’t identified the vampire and don’t apply the “/black sheet/press” to him. Can you add some more details? Do you have hot/cold phases, regardless of outside temperature, i.e., season?
The “surfacing” of your morbid fear (phobia), that is, its appearance, you didn’t even know you had it, is excellent. You really need to release everything that is suppressed into the unconscious, into the subconscious. It must come out, and then disappear... It was Freud who already detected that. But psychotherapists of all schools toil terribly long and hard before something surfaces from the unconscious, but they almost never manage to make it “pass”, i.e., to cure it. With this energy work, as you see, the problem is dealt with fairly fast. Truly, now you find it a drudgery... but, as I said many times ... it takes perseverance. And insight. Maybe you are persistently wrong at the level of behavior with some person/s. I call it – be YOUR OWN SHERLOCK HOLMES. You must not do it frantically and obsessively. In this phase let us deal with the problem merrily. When I first heard the curse “fuck off on the double”, I found it incredibly funny, I probably drew a cartoon right away in my head. Generally speaking, when I run out of patience for my energy problems and, of course, that must happen off and on, I reinforce my intention not to grant access to negative energy, I reinforce my intention to resist the abuser (victims often miss that strength) – with the ever popular expression “fuck off on the double”.

July 1, 2007 20:57:54 | [Sungirl]

Dear Serena, it’s real pleasure to see how many people read and practice chakras. Life changes a little for the better, but then gets stuck and regresses three steps. For example, yesterday I responded to a situation in a way I could not understand at all. Someone asked me to do, at the last moment, something I could not do because of objective reasons – and instead of saying I’m sorry but I can’t do it period, as I usually do, I literally snapped, I goT mad because someone asked me something like that at the last moment, I quarreled with my partner who reacted to my nervousness with like terrible nervousness... a situation in which everything seemed to be bursting at the seams, and caused by an apparently innocuous request of an acquaintance who asked me for a favor. I could not recognize myself and I still don’t know what a tornado swept through my head and body!? Regards, Sungirl

July 1, 2007 22:07:11 | mindpositive

Sungirl, for a totally accurate analysis I should have been able to watch all the energy-related actors at that moment. Nevertheless, events “on the surface” at the psychological level have their regularity and correspondence with energy flows.
In most cases aggression and fury occur when someone steals your energy, even in great, dangerous quantities, with very fast vampire grabs. Outwardly such persons can behave very kindly and lovingly...
Persons that snap aggressively try to save their energy, but it’s already too late. By setting your chakras in motion you started to show your emotions and behave in accordance with them. That is always better than the suppression you applied so far. At least you see something is happening. So, your acquaintance probably pounced on you with a very strong vampire attack (apparently an innocuous /!/ request), and you had no time to defend yourself (you didn’t even expect an attack) and so, having remained without energy, you screamed... And then, probably, you launched a

vampire attack against your partner in order to make up, one way or another, for your energy deficit, and then he snapped too. No tornado, whirlwind or storm is a step backwards, and there's no need to call them that. Real strength and true peace will be reached through them. Such events are signs. One needs to learn how to interpret them.
Pay attention to this unusual interpretation of aggressiveness, furious outbursts etc. (I also mentioned them in passing in my book). Such behavior is not reprehensible, as we are used to think. The real aggressive person is your acquaintance. Even if "apparently innocuous". Also pay attention to your probably vampire-like aggression against your partner, although there are certainly situations in which the direction of "vampiring" is the other way round – from him toward you.

July 3,2007 9:55:20 | [Sungirl]

Dear Serena, the time has come for me to be "ripe" to read your book the second time. As you said yourself, when we feel that, we'll see in the book what we may have missed the first time or failed to understand it. Thus, I noted, in your book, your experience with people activating positive energy in your presence. Do you think that this can by done through the very reading of your book? Thank you, Serena!

July 3, 2007, 20:36:34 | mindpositive

Sun, after their first reading practically all the readers are capable of noting no more than 10-20 per cent of the presented ideas, facts, patterns. They grasp the essential idea, but the book is much more detailed. This is why a second and third reading are necessary. In order to understand the book and remember everything written in it you need to raise your frequency a lot. If you use your head, if you don't idiotically take everything literally, you will find yourself in every example of human destiny in the book.
Very often I expressed extremely important instructions in a single sentence which at first appears to be incidental. The reason was the deliberate decision that the book should not have 500 or more pages. I see you have reached the phase of deeper understanding, and that really pleases me.
Regards, Serena
P.S. Positive energy really releases genuine human strength and greatness in us, when it is present in our awareness and when it is the result of conscious choice. To be sure, it also affects other people around us by its logic of physical patterns, but the effect on other people is not so strong and significant because they are not conscious of it and it is lost very quickly. It is essential for us, because they are cooperatively disposed in our regard, but they do not progress much. Awareness is humaneness.
Deliberate choice: "I want love I don't want fear" is the only path to freedom and a higher sense, actually the true sense of existence But that really can't happen only with the mere reading of my book. One needs to WORK on one's energy.

July 7, 2007 1:10:46 | [masochist666]

Hi Serena, my blog on blog.hr is called "I HATE YOU DONT LEAVE ME!!!", I found myself in a situation where I wanted to help someone and give her all my energy, but my intentions were abused and I let a person drain me completely, I don't blame her, I blame myself, and the person in question used it abundantly, I'm talking about emotional vampirism, and I see that you are familiar with the concept.

July 8, 2007 13:02:49 | mindpositive

I wrote a lot about giving and taking. This is also a clear example of a "short" idea certain to

produce the opposite of the desired result. ONLY EQUAL COOPERATION among people brings good results to everybody. Helping as we understand and that is – giving – simply does not function. The book has two chapters on that. Understanding is really important.

13.

Tuesday, July 10, 2007

FEET ARE YOUR ROOTS – DON'T ABUSE THEM!

Fuck me shoes

But babes don't seem to be satisfied with high heels alone, they absolutely need that charming point that extends the "elegance" of the female foot by 3-4 cm. In this way the babe becomes equal, as shoe length is concerned, with her male partner. There is never enough equality. At the end I shall comment the esthetics of this fashion folly called "pointed toe/high heel", which never yields its advantage over other shoe forms. A very stable position- as far as fashion trends are concerned, I mean – but certainly not for those clattering in the streets with such aids. Streets are still all OK, but when they get to uneven surfaces and paving ... no, they won't give up, they bravely tread on their life – in high heels. Somebody told them they are prettier that way, and few would think "what an idiot!". But why do I wonder when those hens from *Sex and the City* are not only their fashion model but also an intellectual one. Not to speak about even worse cases.

But let's leave tastes alone now, let's turn to analysis. Anatomic analysis first.

The human body has:

206 bones, out of which 52 = 25% in both feet.

230 joints, out of which 66 = 29% in the feet.

Additionally, there are 200 other items in the feets – muscles, ligaments and cartilage.

What a fine lacy-dynamic structure!

In terms of volume, feet are far from accounting for 25-30% of the body. In my rough estimate, the feet have proportionately ten times as many bones and joints as the rest of the body.

Eastern medicine attaches additional importance to the feet because it claims that all organs, everything you have in your body, have a (energy) link with your feet (and palms). This has given rise to the development of various therapeutic methods such as foot massage and foot acupressure, which additionally support the healing of whatever may be afflicting the rest of your body.

The Eastern approach would support the thesis that the body is to a certain extent a hologram, i.e., that every part contains the whole. Not a hologram at the quantum level, but at a rougher physical level such an approach would be the counterpart of a hologram. I also checked this thesis about the energy-related link of the feet with all organs and parts of the body with my methods and I can say it is absolutely right. For the time being, just a few hints – the face has many energy links with feet. When you energy-wise relax your foot, the face also relaxes, and the wrinkles are ironed out. And what do our charming little pointed toes do? In addition to the feet and organs, they pinch your face as well. As people say, the shoe looks after your head – well, at this level too.

And now our dear little babes set off on increasing their charm with this elegant pointed toe/high heel invention. I shall show that the pointed toe is much more murderous (for the wearer) than the high heel. Of course, the combination is killing.

So, the fabulous pointed toe pinches the toes and the whole forefoot. What do the Easterners say, which organs are linked with them in energy terms? The brain, the sinuses, the eyes, the ears, the bronchi, the lungs, the thyroid, the cervical spine.

There, it's just as you put armor on all those organs, and then tightened it with a press.

How can you expect your face, your look and your bearing to be serene, relaxed and joyous? Crushing your forefoot you have frozen all that into a mask.

How can you expect to be intelligent and interesting? By crushing the poor toes you have crushed your brain. BRAIN IN A PRESS. CRUSHED BRAIN. I refrain from developing this comment any further. Otherwise you might say I'm being too rude.

This is not a joke. This is precisely what things are like.

When you begin to feel energy somewhat better, you will also feel your body better. You will feel all its parts, every and even the smallest cramp, and know how to relax

it right away. This eternally modern pointed toe/high heel combination bears witness to the fact than we now feel nothing. Our body is wooden. How can we otherwise bear this poor crushed foot and the crushed brain (and crushed eyes, ears, brain)...

And then you lifted your heel on the stiletto. Who cares if grass will never grow underneath, as a song goes, but you have also stressed your whole body and brought everything in it in a stressful position.

Look, the 52 bones in your foot match the same number of bones in the spine with the ribs. Now imagine you have reduced one-third of your trunk by about 40% (this is my free estimate of how much those pointed toes compress your feet), and that you have compressed the shoulder and chest part of the trunk. Now let's add the high heel – meaning we bend the second part of the trunk, from the waist downwards, by 45 degrees. Try to imagine the picture! Get it moving all over the town. Can you imagine such a dumb at all?

And now come back to the feet in the pointed toe/stiletto combination. Not only did you imagine all that... you're walking in all that ... Is that picture less dumb than the one above?

Haven't you had your fill of problems with your parents, with your kids, with your bosses, with government, with friends of both sexes? Instead, you have embarked on self-destruction with a very perfidious method about you have never thought. You have compressed all those fine little bones and tiny joints ands you slowly lump them together into a hard, more and more immovable mass. You just skate over that fact. If you are not forty, the years always catch up with you very quickly. Even then you will want to be beautiful. From head to toe. No go, because your big toe will be twisted 40 degrees, and its joint will double. And your sweetheart will never again kiss your teeny-weeny toes because they have become elephantine. And that poor big toe looks like a camel's hump.

Come again? The pointed toe/stiletto setup, as it is claimed, promotes sex appeal... And, that is what babes are trying, to deceive and hook guys by addressing, in accordance with a strange ancient instruction, the organ in their underpants and not in his head. Because that's the way of the world. And afterwards they wonder when guys treat them like sex machines. That is, the little ladies, in their female twitters, continue to claim that guys only care for that thing. And what message have you sent them with your dress and stilettos? That you are addressing only that thing of theirs, and nothing else.

Come again? You said you didn't focus on promoting sex appeal but on promoting beauty... Aha, you mean that in matters of taste there can be no disputes. However, I fail to understand what kind of beauty you mean when lengthwise you've extended your shoe size to
12, and form-wise it's as if you have put Pierrot's cap on your head and walk around in that. As we know, Pierrot (though sad) makes people laugh. Thus, this "beauty" promoted by pointed toe/high- heeled shoes also makes me laugh. And your foot, compressed as it is in that press, is definitively sad. And, as I said, not only the foot.

And, to conclude in my vein: this instrument of torture that allegedly enhances beauty and serves to facilitate the luring of guys was invented by a negative mind. The negative mind promotes it and the negative mind thinks it is beautiful.

That thing is just very, very unhealthy.

If you haven't thought about that so far, don't get upset. You can still make it. Our world is so negative that there are still many examples of that kind. Let us look forward and let's not get excited about the past.

Stay alive and kicking!

July 11, 2007 9:39:46 | borayski
A good observation, the link of the foot and the head. Obviously, in foot fetishism there is also a specific analogy with the kissing of feet seen in some religions. One could write a whole book on it... I like you style, like it a lot... In the West high-heeled shoes are also known as "fuck me shoes", which is not far from the truth because you said that a tight shoe also directly compresses the brain, and it is therefore no wonder that some ladies fall easily when wearing high heels. Of course, the question of who pushed this, men to get their prey more easily, or women to achieve their aim more easily, still remains open...
July 11,2007 14:48:57 | mindpositive
Borayski, your contribution to the theme is really creative. I used it right away for my title (fuck me shoes).
I have never discussed the topic with men, and this innovative name for the pointed toe/stiletto setup, as I called it, i.e., "fuck me shoes", says everything.
Everything is a message. Once they thought that only words were a message, and then the discovered "body language". But everything is a message. Communication has many levels. The ultimate level is energy communication. When we understand the energy level, there is no need for mysterious messages at other levels, messages we send without in most cases knowing it. When we are energy-wise aware, we feel, speak and do the same thing. We are in harmony with ourselves.

July 13, 2007 10:56:01 | borayski
Serena, I personally pursue something that is taboo to some people, sexuality in religious experience. In Vedic tradition we would call it mantra yoga. No, I am not a graduate of classical-languages high school, I am an engineer and deal with energy wherever it appears. :) Thus, fetishes are an interesting field in that domain.
July 13, 2007 14:53:01 | mindpositive
Borayski, the main role of human sexuality, in terms of our current behavior, is not even procreation, but physical, and even somewhat mental RELAXATION. I think that some religious traditions also use them in terms of relaxation.
In my opinion, although it relaxes us (to an extent also for a very short period), sexuality has been abused and misunderstood for the same reason, in everyday life and in religious rituals.
Positive energy relaxes us completely, physically and mentally, and thereby provides contact with our own spirituality, soul, our higher self. When we some day begin to live in a stable positive energy, sexuality will assume an entirely different role in human life. And another form, another dynamics...
August 16, 2007 22:36:26 | [roberta]
... I got the book a few days ago and I am reading it carefully... I am enthusiastic! Finally somebody who thought and felt as I do, but had the guts and persistence to set out and explore the seemingly impossible and yet so simple...
... the stiletto post precisely echoes my thoughts: unnatural, painful and ridiculous...
... I'll get in touch when I finish the book...
... well done!

14.
Friday, July 13, 2007
RELEASE OF THE FEET
From the heel to the toes, like a wave

I hope you didn't think we said everything about feet. We spit on 'fuck me shoes' and now revel in our brightness. Not really! That would be a negative mental model. The goal of critique is to improve things. Really, whenever you set out to criticize something, be ready to suggest a better option right away. As far as feet are concerned, going barefoot is the best solution. Whenever you can...

And on the beach, but just on the beach, don't wear those plastic sandals. Where will you walk barefoot if not on the beach? Pebbles are prickly? Just a day or two. Come on, am I comforting you? You are really like the princess on the pea!

When we can't walk about barefoot, let's suppose we put on comfortable oxfords. What now? A small instruction for a great thing: walk!

But how?

Easily!

Let that fine structure of fifty-odd small bones, even more little joints, and still more cartilage, muscles and ligaments – move! And what does the foot do but move? You don't say! The leg moves and, look, what does the foot do in most cases? It falls heavily with all its weight on the ground. Even an elephant is more elegant than you.

Observe how you are used to walk. You splash with the whole foot on the ground. As if you were walking, almost, with rubber flippers.

Some babes try to wiggle their hips, but it's forced and, in most cases, anything but beautiful. Maybe provocative, but not beautiful. You will rarely see anyone walking rhythmically and with the whole body, softly, naturally.

Watch people walk, let's say during the hours you spend in outdoor coffee shops in summer. Then ask someone close and well-meaning to describe to you how you walk (see that nobody listens! :)).

Then try the following: when you stand on the ground, take-off lightly with your heel so that the entire foot moves from the heel to the toes. Don't do it in a marked way, grotesquely. This needs to be a hardly indicated take-off from the heel to the toes. Models do something similar, but exaggerate and theirs knees go too high. Your knees will also rise higher, but they don't need to go as high as those of models on the catwalk.

That small motion of your feet, a small take-of from the heel to the toes will give rhythm to your gait, and the hips will move. But not in an exaggerated, seductive way. The shoulders will stand upright, but not stiffly as if you had accidentally put on a hanger along with your shirt, they will straighten up a little and assume a rhythm of movement in harmony with your hips.

That little take-off from the heel to the toes will give the whole body a spontaneous movement. Natural, rhythmic movement. Your gait will be light, and you will not tire fast.

So, that lacy structure of your foot will finally get its point. Moreover, with such movement it will remain mobile and flexible. In its hopeless flight from

uncomfortable footwear it will not longer be twisted and exhaust your brain and the entire head.

Nevertheless, if you have succeeded in disabling your foot, here's another effort: buy a foot massager. A wooden one, say, which you can roll on the floor while watching TV.

After you have stabilized positive energy you will observe another thing: layers of hard skin on your heel and toes will develop an ever slower rate and will soon disappear. If your nails are deformed ands thickened (because you have destroyed, with tight shoes, the peripheral circulation, and the whole ischiadic nerve stretching from the end of the spine to the tip of the foot is also already weak), their condition will improve.

And an additional pleasure: massage your partner's feet (and reciprocate) with the help of appropriate scented oil.

And, finally: visualize your chakras in a pair from the top and bottom side of your foot, several chakras at the same time, and the chakras on your ankle bone. When? When you watch a movie on TV.

A healthy body is really very important. For a healthy mind. If it is healthy, the body is beautiful, it moves nicely. Even if your body is not too well-proportioned, it becomes beautiful when it moves harmoniously. When you create positive energy, everything wants to move: your mind, your body, your ideas, your everyday life. In the beginning additional attention is required until everything becomes harmonious and spontaneous.

Although beauty is important, I have not written all this for the sake of beauty. Don't forget, beauty issues from harmony, spontaneity, truthfulness. Not from any canons set by a fashion or custom because fashion canons are very nasty things developed out of the will for domination and profitable sales. The release of the feet is truly a release of the mind and emotions. Do it the easiest way – walk lightly and breezily. Consciously first of all, making an effort, and as you progress with positive energy, this will become spontaneous and nicer, more natural.

As you see, we have landed on the "commonplace" feet from the stratospheric heights of the universe and quantum miniatures. But nothing is commonplace unless we make it such by a negative mind. If we have feet, if we have a body, it's not to push it along as a burden. Like as everything else, it has a purpose and a noble task

which it will fulfill if we give it the necessary attention. Without any exaggeration or fetishization, of course.

I haven't asked you for a long time: do you dance?

Stay alive and kicking!

P.S. This post is not intended only for the feminine gender.

July 14, 2007 11:43:32 |[Oak]
... not to mention how nice it is to feel the earth, stone, sand, grass and house floors – whatever they may be like – under our feet. And then you understand that shoes are no longer such a fetish as doggedly presented by shoe retailers.
Dear Serena, I enjoy your posts. I believe (and wish with all my heart) that you will also publish the second book after you've collected enough "material". But also when the time comes for it. Thank you for being with us!
July 18, 2007 9:41:00 | [Eta]
Wise Serena, your posts are irresistible... and how valuable would living them be!? Of course, we must each do it on our own. I have to study this part about feet several times because it is really excellent. I have read your comments of obesity in your book... but, if you are inspired, do write something more, just as good and irresistible as the part about feet, about us dumplings, too.
Your posts, as well as your book, of course, have a motivating effect on a change for the better.
July 16, 2007 20:26:15 | **sabad**
Brilliant, there is nothing else to add.
July 18, 2007 15:09:41 | [Iradevi]
I have read the book (almost) in a breath, I got it yesterday. You have really thrown light on so many relations and so many conditions in my own life and in the life of the people around me. And yet, your interpretations are so simple. It is almost miraculous to see how the direction of a watch hand can transform reality. I have tried the spin, I usually meditate, and in these few attempts I really feel, very physically, the growth of energy. Thank you.
July 19, 2007 11:15:20 | [Oak]
Still a clash of the ego and the heart, of the habit and the new perception, and very often I "forget" to spin the chakras regularly. Yet, since I started to apply your principles everything in my life has begun to change drastically (a relative term, but I'm stressing it in relation to the past) for the better. Maybe it had changed for the better even before, but then I lacked the subtle wisdom to notice that. Therefore, this perception is beautiful, so simple and yet so true. Life will not improve if we don't start improving it from ourselves. Dear Serena, I'm regularly following your posts, and come up from time to time with questions. Lately I have seen that very soon I get from myself the answer which I want to ask you. After the spin. But I must add that I have nice as well as bad situations – as it seems – occurring to me more and more frequently as I spin the chakras more often. Is that cleansing? Should I pay attention to what is happening to me?
July 20, 2007 16:10:43 | mindpositive

Oak, even if you occasionally forget to spin chakras, your self-observations are already very subtle, meaning that your mind is already quite positive and that your frequency is growing, and hence the capacity to understand (what we would call intelligence – yes, the intelligence is growing).
Your observation regarding questions you want to ask me, and then notice that you KNOW the answer, and that it came fairly fast (not necessarily, but it will arrive and you'll know that it has arrived), is extremely important. The most important point in the process of cognition is the clear wording of the question, and the answer is being sent by out HIGHER SELF with which we have an increasingly better link.
COGNITION REQUIRES VERY HIGH ENERGY. Until we achieve it by spinning chakras, it is difficult to understand anything correctly.
Of course, the more frequently and the longer we spin the chakras, the energy (frequency) grows more quickly and events accelerate. There must also be negative events, which essentially are not negative. That is, WE START TO SOLVE negative situations we didn't want to solve for years. Such as when someone separates from the partner. We often interpret that as "negative", but if that is the only solution, that separation is positive. It frees for us the opportunity to go forward. Therefore, that is "cleansing", the housecleaning in the subconscious.
We need to pay attention to what is happening around us because it is extremely important to understand the causes, ourselves, the other person... If we nevertheless feel that we don't understand why this or that has taken place, let's not force understanding. Let's ask a question, "leave it in the air" and, as I said in my first comment, the answer will come when the frequency of energy reaches the necessary level (force) for us to understand the issue. We really need to grasp this process of understanding, the interaction of our wish for understanding, clearly worded questions and the energy power required for it.

July 19, 2007 17:08:40 | borayski

I wonder how you got to the junction of science and spirituality?
For a simple reason: I'm like that myself, that is, I don't know how familiar you are with technical mystics, but that field currently interests me a lot...

July 20, 2007 16:38:56 | mindpositive

The story of how I got to the junction of science and spirituality is quite long. In three words: that was my deep inner need. Luckily, my mind is "tailored" so that it is not satisfied with semi-solutions. Some inner voice guided me. But there are also yards of books, the deep need to understand everything that is happening in my life, the absolute refusal to be satisfied with rehashed spiritual "truths" from various traditions that their re-tellers are persuasively publishing (although this also serves a purpose because you can find a grain of truth everywhere), the absolute refusal to accept tons of semi-conclusions and quasi-theories that scientists, too, produce from their more or less comfortable tenures and labs.
At some point along that path I knew that today man can't live on BELIEF in higher truths, in the spiritual road, in God. The time has come for man to UNDERSTAND God. Scientific knowledge necessarily had to be included. I also had to learn myself, books by the yard again. In my book I provided the basic elements for that, but not in such an explicit and elaborate way.
I have to go step by step. The time will come for that, maybe in the second book.
As I said in my previous comment, such knowledge requires very high energy, and as long as there are no people with such energy, I have nobody to write and talk to.
Then, I have not yet rounded off the process either, it is still under way...

July 19, 2007 18:09:46 | [Silvia]
When we visualize chakra spin, may the chakra be in color? In my case, it is usually white (transparent white). My chakras are very blocked. Last night I felt that very much. I believe that dance could help me with that block. Dance is still only something in my mind.
July 20, 2007, 16:55:33 | mindpositive
Never visualize chakras in color, Silvia. This is the advice of "connoisseurs" who just parrot something they don't understand. Several thousand years ago, when we started recoding the knowledge of chakras in Indian spiritual tradition, that probably made sense. Not today. Why?
The colors are low frequency in the visible part of light. If you visualize chakras in colors, you limit your consciousness to those frequencies. To be sure, that is much more in comparison with situations when your energy is blocked or negative, but quite insufficient for reaching the level of awareness we can attain and which we need in this time.
That is why you spontaneously visualize chakras in a white-transparent color. And that is alright. The frequencies we attain in an advanced process of chakra spinning are so dizzily high (powerful) that they have no connection with color. They are colorless.
Let the velocity of chakra spin, just as everything else, be spontaneous – spin as it comes. The essential point is keeping the right direction by conscious attention, the rest will follow by itself in the best possible way.
July 22, 2007 15:19:41 | mindpositive
BELIEVERS find it hard to understand one essential point in my "story", or fail to grasp it altogether. And that is: I am now saying that they can now UNDERSTAND God.
Belief is fragile, people keep doubting. Then religions and churches are needed to remind people and convince them that God exists. And then a believer's dear creature dies and he says "God why have you forsaken me'", and HAS DOUBTS ABOUT GOD.
When we UNDERSTAND God, we KNOW that God exists, we know everything about Him and ourselves. THERE IS NO DOUBT. And when a beloved young creature dies, we think about OUR mistakes and of the reason WHY WE FORSOOK GOD.
What is my book called? GEOMETRY OF THE DIVINE SPARK.
While you are tangled in words about God that came into being several thousands of years ago, were copied with errors, continuously supplemented, as well as deleted, all that by human decision, you can only believe in God. And doubt right away after that. And that is poor business. As all history has shown.
July 23, 2007 9:26:52 | [Oak]
Thank you Serena, I'm glad we are progressing. My next question: while we raise our energy, do we have to avoid people in the first few months? Is there any protection in case we are forced to spend a lot of time with people? I mean, so that the positive energy we have just created is not snatched by vampires in our vicinity. Is that the point of the first merry magic exercise? Is just that enough? Because, I keep asking myself how I can protect myself if it's just me against dozens of hungry ones. And every day on top
July 24, 2007 15:49:26 | mindpositive
Oak, when your energy is positive, it is certainly inconvenient to have, generally, more or less negative people around you. But only for a shorter time, when you start spinning chakras. As soon as your frequency is high enough, most negative guys will not be able to reach you. I have in mind the incidental negative people you meet at work, in stores, etc. By that time you will have learned to behave and not to offer the lot to everybody with maximum kindness (all passive

vampires are like that).
Our problem are PAST LONGSTANDING TIES, ESPECIALLY FAMILY AND FRIENDLY TIES. In energy terms, it is hard to get rid of the past, and the future is bright.
We don't have to avoid people (except those ugly active vampires in the FAMILY or among FRIENDS), although, whenever possible, it's good to isolate oneself.

July 23, 2007 22:31:55 | [Ratka]

Poor me! Relying on old Indian instructions I visualized chakras in color. I'm afraid I lost two precious months doing the wrong thing. And I tried so hard. Nevertheless, in spite of those unnecessary colors, I dare say things changed for the better. Be that how it may, I'll go on spinning without color. I must admit that anger, fury, fear are gone... I came across a book by Eckhart Tolle which "fits" into what I'm doing. New people I meet also "fit". I like reading these comments and answers to them. Greetings everybody.

July 24, 2007 9:25:00 | [Cristal]

Serena, I have a question: how do you know that chakras must spin clockwise (maybe the answer is already in your book, but I still don't have it and therefore do not know)? I am somewhat confused by the multitude of contradictory information from books and on internet. Some people say chakras spin from the right to the left, others from the left to the right. Some others yet say (translation from German): "Chakras spin to the right if you're a woman, and the left if you are a man and if you are properly polarized". Etc.
Greetings!

July 24, 2007 16:13:29 | mindpositive

Cristal, I know from experience. I tried everything I claim countless times on myself, and a huge number of times in cooperation with other people. The results are unequivocal, mathematically accurate – positive energy creates such and such mental and physical phenomena, and negative energy such and such phenomena (described in the book). The result is not in the category of statistics but in the category of accurate mathematics.

Countless books are being written about human energy and chakras (the topic is obviously in the focus of interest), but THEY ALL COPY AND RETELL DIFFERENT ANCIENT WRITINGS which they neither understood properly – if that is at all possible – nor checked in any way. They have no idea about human energy, especially those that claim what you said in your comments. Heaps, really heaps of such authors are only after money and prestige (such books sells best along with cookbooks) and they only put on an excessive show of being teachers and connoisseurs.

How come, that I, Serena, am not one of those but the only one (along with the few and honest researchers/thinkers that just reached the questions stage, and I already have the answers) that understands energy properly?
This can be claimed either by an absolute idiot or by someone who knows that he/she knows. I leave it to you to relegate me to either category.
The book is written so that you can CHECK all my claims and words yourself in your life. Here's my book, and there are the others, and you can draw your own conclusions. No thing is more honest than the book. Everything has been presented.

It is better to avoid the short articles on internet, written by people who have read something in a

confused way and retell that in an even more confused way. The claims you have mentioned from that particular source are a case in point. Yet – it is better to read than the other way round. You can't develop your own criteria and position until you read a lot of everything. I have also read a lot of everything. Nevertheless, everywhere you can find a piece of information that comes in handy in a particular moment. A thought that inspires you, and you carry on... At any rate, folks, look for good books, books that carry you forward, and read, read, read!

15.

Wednesday, July 25, 2007

ON LEARNING, KNOWLEDGE AND HONESTY

Crown witness

After all these comments we have also reached big words about God, quantum physics and consciousness, the junction of spirituality and science... How did I reach that point, Borayski asked.

Of course, I always thought about great ideas, but I reached original attitudes on all that (original and unthinkably different) in a very simple way: I WISHED MY CHILD WELL. It's just that, you got it, I'm not the type that stops at wishes, I sought – knowledge.

This is the dedication of my book (in the Croatian edition):

I am dedicating this book to my daughter,
because I learned the most from her.
She was as wise as any child,
and I was careful and
modest enough to note that
and not to spoil it.

I wished my child well, but I was honest, I saw I was failing. My child was physically sick. For ten, twelve years, since birth. That did not affect her psyche essentially, I managed to handle that because I studied psychology a lot, but I felt I could not keep that up for a long time if I didn't understand the reason underlying the sickness of her body.

My parents wished me well, and my life was fairly messed up, a confusion with no hear or tail. I thought a lot, and knew shit.

I wanted to deal with that. I wanted to put my life in order.

I didn't want to repeat my parents' mistakes, I thought I was doing it differently, and the mistakes were still there.

I didn't want my child to repeat my mistakes.

How did the subtitle of my book read? "AND HOW WE BARELY SURVIVED PARENTAL LOVE" (in the Croatian edition). It did not read "parental abuse", it did not read "parental neglect", it did not read "parental selfishness". Because the majority of parents are not and don't want to be like that. The vast majority. Most parents think they love their children, they want to love their children. And then matters turn upside down. Already after the third year the "sweeties" and the "dearest" become a nuisance, we don't know what to do with them and how to do it, we don't understand anything... and so on as long as we live.

And that is because what we consider to be love, a feeling we can express with the greatest freedom if anything then to our children, is not love. But fear. I showed that in *Geometry*... so that even every hen can understand that.

That was my motivation: to understand my parents, myself and my child.

Fairly "low level" goals, one could say, and they led me to the UNDERSTANDING OF GOD (LOVE). Not to BELIEF, but to UNDERSTANDING.

You see, all parents wish their children well, and don't write *Geometry*... Because wishes become wishful thinking. They failed to LEARN, TO KNOW.

I LEARNED, because I knew I didn't know, WISH FOR LEARNING will always take you far, far... Everybody can't write a book. But you can read books. Read, read, read – books. Read and learn. You can read *Geometry of the Divine Spark*, you can try to understand it and apply it.

Learn honestly, sincerely. In the yards of books I read in order to GIVE MY CHILD what she needed and what I was responsible for as a parent, 98% was only worth forgetting. In order to find the valuable 2% I had to read the whole lot, 100%. But I had my GOAL, my WISH and I HONESTLY, SINCERELY endeavored to realize it.

My wish was to GIVE MY CHILD THE OPPORTUNITY FOR LIFE IN LOVE, WITH NO TROUBLES AND PAINFUL MISUNDERSTANDINGS WHICH I EXPERIENCED, ALL IN THE WISH TO ACHIEVE THE BEST. Wishing the best I often reached the worst. The first step: you need to admit that to yourself. God came after. He couldn't remain absent, but eventually he came. And he came because I was sincere and honest, and every time I admitted "no, that's not the right thing, this is wrong, and this is a half-way thing".

I must again stress the importance of SINCERITY AND HONESTY. To ourselves and to others. ABSOLUTE honesty and sincerity, with no exception and no withdrawal.

I know that many people that have not yet understood *Geometry* are quite surprised, and maybe even indignant, by the resoluteness of my claims. In addition to all the evidence that I have and that I presented in my book, MY DAUGHTER is my crown proof of my theory of positive energy. She is my crown witness. Now she's a grown-up person who nicely sails through this world, who manages her life so safely so that she resolves effortlessly all the problems on her path, a person appreciated and liked by people to the extent they are capable of that feeling, she knows how to place them precisely, they don't protest even when that happens to be the last row because they know that this is right. She does not repeat my mistakes and in relation to me at the same age she is a wise person. Modest, and absolutely self-assured. And, of course, totally physically healthy. She found her love at sixteen, faced problems many of you discuss in your blogs with hesitation and confusion. Until we discovered positive energy, brought up awareness of positive knowledge. Her love, with the same young man, is now the love you all wish for – she and her boyfriend discover life together, learn together, creatively deal with the challenges posed by life, enjoy everything that happens to them, they understand themselves, they understand each other...

She lived with me the knowledge of *Geometry*... she learned it from me even before I started to talk and write about it. As a young being, she had not yet forgotten that knowledge. That is why I said, in my dedication, that I learned the most from her. We are born with knowledge about positive energy because we come from "that world", the spiritual world. When I started to treat her more correctly, everything improved. When my knowledge gained consistency and was essentially rounded off, our relation, our life became harmonious, nice, effortless, successful, interesting...

My child was my inspiration and proof that I succeeded, that I found the proper way. In addition to all the other proofs and arguments that I discuss in my book and

which you mention in the comments on your blogs.

Understand that and repeat it literally. Learn...

I didn't start off from heavenly heights although I loved watching them with my physical and spiritual eye. I started from the closest entity, from the entity for which I was certainly, most certainly RESPONSIBLE – and that was my child.

I didn't think about sending her to study in the US, about how I had to earn a heap of money for the purpose (and for other purposes – a large apartment, house, weekend cottage, a better car...), but about how to understand my mistakes so that she does not repeat them. Of course, my daughter graduated with very good grades from the university in her town and we didn't need a heap of money for that, and every since she got a job employers have scrambled for her because she is an excellent worker and expert. We always had enough money, never much. That is quite enough to get you where you want. The wish for LEARNING will always take you far, far, far... not money, although whoever learns acquires knowledge, and money then comes along.

It's very difficult to perceive God if we start from wishing to perceive God. That wish has a lot of vanity, and no strength at all for it. One needs to set off from the wish to perceive MAN. God created man "in his image", but understood metaphorically because God has no image but the geometrical one; what is the same is the same SPARK, LIGHT, ENERGY in God and Man. The same double spiral, as the basic element, with the dynamics I have been talking about throughout the book.

I wanted to tell you these simple things that led me through life and brought me to the supreme knowledge which I presented to you before I publish on my blog the last chapter of the book – on God.

Stay alive and kicking!

July 28, 2007 13:54:33 | [Oak]
Nice, world-wise, simple – no need to add anything else. I wish there were more people like that in this world. This is why I immensely want to change myself for the (much) better. I only wish I had more wisdom, self-criticism, sensitivity, strength, energy, love. Cordial regards.
July 28, 2007 19:07:30 | [EQUILIBRIUM]
I don't have the courage to believe it! And it's all true. And it works! And then again a little fear. But I am not fear, am I? I was not born with it. And if I picked it up on the way (or was struck with it), then I can also reject it. Now, after two months, I already routinely visualize chakra spin. But whenever I can I also use my palms. I use that especially for the "merry magic": with my

hands I cut the threads around my body. I also apply the recommendation to spin chakras while watching TV, but when I watch a movie and follow what's going on I can't simultaneously visualize the chakras. Is it efficient, in that case, to use palms and move them clockwise in the spots where the chakras are? Since I manage to reach all the spots on the body, both in the front and in the back simultaneously, is that correct and can it work although I don't visualize the chakras? I may be a nitpicker, but you stressed several times that one needs to be careful, when working with chakras, and I'm just repeating my homework. Regards! Equilibrium

July 28, 2007 21:59:39 | mindpositive

Use you palms and hands as long as you feel that you need that and when you need it. It works.

Visualization is much stronger, but in this world we are so convinced of its "materiality" that we need time to learn to move in the spiritual world of our soul. No hurry, what is important is the start, and you have started.

Let me just explain a little thing with TV – I have suggested this a number of times because we spend quite a lot of time before the contrivance and then it turns out that we have no time for chakras. If you have some quiet time just for chakras, so much the better.

July 30, 2007 15:11:18 | [Old Sun]

Dear Serena, you say that it is quite evident when a partner no longer cares for sex – sometimes I'm not in the mood for it – so what does that mean, in concrete terms, has a vampire stolen my sexual energy?

Why do we care very much for sex in the beginning, and later the urge subsides, not because of our failing to want the partner but because there's no mood or energy for?

Who is stealing anything from whom, and why was that missing in the beginning?

Best regards from Old Sun

July 30, 2007 16:25:20 | mindpositive

Of, there's vampirism in sex, too. It is evident when one partner is not in the mood, and after some period of living together they both stop caring...

Old Sun, it's not that easy to answer the question of who is vampiring whom in the specific case, although it is historically clear which gender turned the issue into the axis of its life and which one didn't.

A third party may have robbed us of our energy, our partner does care = we don't care.

Maybe we don't care because our partner always steals our energy precisely in sex.

It is possible that whoever is in the mood more often is just the party that steals energy in sex. However, there's a difference here between men and women – men care FOR A TIME even if it kills them. And later grow weary.

Therefore, we can't talk about individual cases but watch the trend. These were variants.

Why is this harmonized in the beginning of the liaison when both are generally in the mood? Even when it's "blind and crippled" (as it is when we are not positive), love initially stimulates the best in us. Usually this does not last long and it's generally called being in love.

Very soon we begin to build fortifications, moats and walls: we start to profile who in the relation will be the vampire and who the victim. We are less and less like the people we were from our nicest aspirations, and increasingly copy one of our parents! Kaboom!

Strong active vampires use an unpleasant overture: initially they GIVE energy, throw a smoke bomb, and when the smoke disperses, they switch to snatching and steal everything in a jiffy! At the energy level these are roles very well learned from the mother/father, and until you recognize them energy-wise you are completely controlled by that role, you are not "the master of your

body" and even less the master of your mind. To make matters still worse, in the creation of a new liaison the passive vampire stimulates the active vampire to be even more active than he/she should be by default. But spin your chakras and everything will fall into its right place.

July 31, 2007 7:40:01 | [Kanea]

I have been doing the "merry magic" for several days and I've noticed intensive energy flows around me, especially negative energy. Yesterday I felt as intoxicated, with dizziness, as if out of touch with the ground. The magic calms me down very much and rocks me to sleep, so that in the evening I barely manage to spin the chakras to the end. While I spin chakras I sometimes manage to visualize them more clearly, and sometimes not at all, but in the chakra sites I always feel their spin intensely and the heat in that spot, especially in the back chakra sites. I assume that this is OK for the beginning? Hi everybody

I have one more question, Serena: I work in a place surrounded by various technological gadgets and I feel that staying in that place exhausts me, in some specific spots even so intensely that I get sick. How to explain that in the vampirism context? Technological vampirism? Otherwise, I'm hypersensitive to energies around me.

August 1, 2007 16:08:10 | mindpositive

Kanea, the first part of your comment is a very nice personal observation with the correct answer: everything's OK.

The second part of your comment: unfortunately, the answer is correct: technological vampirism. I have not paid attention to that, I didn't have the opportunity.

For decades there have been books on the research carried out by bio-energy experts with a technological background, who established the negative influence of technological devices on man. I have unequivocally established that you can't activate positive energy under a power transmission line. I am not sure how far that influence reaches because that depends on the power involved (surely a few hundred yards).

Of some help in all that is the fact that we are able, when we activate positive energy, to notice that it disturbs us, as you have described. Then we have to get out of such environment. Change the job? Neither simple nor easy.

At any rate, technological devices CAN (but need not) affect us in a bad sense, WHETHER WE NOTICE THAT OR NOT. Of course, we're in an advantageous position when we notice, because we can take some steps. When we don't notice, when we are already negative because of "vampire dealings", we have no possibility to solve the problem because we don't even know that it's there.

July 31, 2007 16:07:08 | [Ratka]

Me again with a problem. I spin every chakra pair together, i.e., the front and the back pair at the same time, but each in its own direction. My friend tells me that she first spins the front side, and then the back side of each chakra. Am I again making a mistake as when I visualized them in color, ugh? Not another waste of time! Hi everybody!

July 31, 2007 22:11:37 | [Old Sun]

Ratka, I even think you progressing rather than making mistakes. If I'm not wrong, the spin of first one and then the other chakra side is a lower degree. Everybody can't spin them all at once, it takes time for them to get stronger. I also spin first the front and then the back side. I mostly feel the chakras on my back. Not at all on the top of my head and I have most of the problems with it, sometimes I can't spin it... probably the attacks are the fiercest in that spot, and I need more time to get it running.

August 1, 2007 8:57:33 | [Spark]
Ratka, I also think your way is a good one. If everything proceeds smoothly, I can also (it simply gets going that way) spin the front and the back chakra at the same time. But when that doesn't work, I separate them by visualization, first the front then the back one, and if even that won't work, I think of some auxiliary means to get them spinning. I only have a problem at the point of connection (visualization) of the front and the back chakra. I'm not quite happy with that part. How essential is this, Serena?
August 1, 2007 15:57:49 | mindpositive
Spark, Oak's answer was good. Let me just add: what is essential is learning how to distinguish physically and mentally when we are in a state of positive energy and when we are in a state of negative energy. From that moment on it becomes much easier to understand our own decisions, emotions and thoughts.
These differences have been described many times in the book at the physical and the mental level. OBSERVING oneself is essential.
The point of connection of the front and back chakra in a pair is not so essential; let that be the approximate point of connection, so that this may involve a somewhat wider space off the point. What is essential is having the front and the back part, i.e., a pair, each spinning in the right direction and connected approximately.
August 1, 2007 1728:39 | [Old Sun]
I have to "report" the following: yesterday I had a D day – a cup full of coffee fell from my hand and spilled all over my desk, as if someone had pushed it out of my hand. I scalded myself with hot water in the bathroom. I stumbled in the corridor. I hit my leg against the edge of the bed. All that happened as if I could not control my body – as if someone had taken my hand or leg and banged it at his will. Therefore, a lot, a lot of negative energy – since I returned after my vacation and started to work again, I suspect I'm being "robbed" a lot at work. I caught a cold, my tummy aches... Interesting, isn't it? But now I'm spinning my chakras even more persistently and we'll see who is stronger: -) Nice regards!
August 1, 2007 20:30:39 | mindpositive
Hey, Old Sun, let me remind you of a detail written somewhere: when we notice that we are strongly besieged by negative energy, we must apply the first part of "merry magic", that is, "step 1" – break the energy "threads", tie them and wait for half an hour or even longer before activating the chakras. If you forget starting the chakras after stopping the negative energy, never mind, they will activate themselves on their own, because after all you have understood the chakras, you have already stabilized them, and they will start spinning on their own as soon as we stop negative energy because nature has given us that.
Sometimes even that is not enough, and every half hour, several times, you need to do only energy stopping. You'll be a little tired after this hour or two, but you won't feel poorly.
The purpose of that modification – teach yourself to "lie low" in "hostile circumstances", and face the "enemy" (let's not forget that sometimes we are the enemy) with firm but passive resistance, not accompanied by negative emotions, just a neutral energy blockade.
After a few hours or half a day of such a blockade, if we can manage an hour just to spin the chakras in peace, so to speak without any interruption, that will be a major progress, because we shall then increase positive frequency and cancel the agitated negative frequency, which is always our own as well (we remember that, I hope).
(Note: two years later I developed two new techniques, the "black sheet" and the "press", serving

the same purpose as the “sword”, but being much more efficient, and they are all “step 1”, apply the one you have reached. Remember that, please, while you read the comments referring to the period prior to summer 2009, when I published the “black sheet” on my blog. In the years after that experience has shown that not infrequently we need to apply only “step 1” – “sword/black sheet/press” even for several days).).

16.

Wednesday, August 1, 2007

Sing, dance

To sing, dance, make music...

You’re doing all right with some of that. So, devote yourself to it. Join a choir, enroll in a dance school, learn to play an instrument. Start now. It’s not late. I started to learn to play the accordion six months ago (and you could guess how old I am). And I’m already playing... and singing...

All those with a musical ear (the others can also hear this, but the message will be clearer to the gifted ones) can do the following test:

Sing a melody you know well as loud as you can... And as high and low as you can...

Work off the “merry magic” and spin all the chakras for several minutes.

Now concentrate only on the throat chakra. Spin it for a few minutes.

Then sing the same melody, and while you sing it keep spinning the throat chakra.

Then let us know the result.

Where was I? Ah, life is beautiful.

Stay alive and kicking!

August 2, 2007 15:06:51 | [Old Sun]

Dear Serena, I have a question related to merry magic. Is it better to imagine gossamer threads round our body or imagine both our body and the threads detached from our body, somewhere in

space?
One more thing – when I visualize gossamer threads, only dry branches, dry thick roots force themselves into the imagined picture. Of course, I cut that out too... but although I try hard they never leave my imagined picture, it even suits me to imagine them, thick as a finger, and I enjoy cutting them off. How bad is that and should I stop with that right away?

August 4, 2007 8:38:47 | mindpositive

Old Sun, there is no difference between doing the complete "merry magic" directly on the body or on the detached imagined figure, or even combined, as you are doing. We do it as it spontaneously occurs to us. When we reach a higher degree of visualization (higher positive frequency), in visualization we also get important information, such as your information on dry branches, trunks and roots. This shows you the strength of your links with dead (dry) negative energy. Just keep cutting. You'll see that at one point the image will disappear, and at the level of manifestation you'll notice an improvement.

August 2, 2007 15:17:25 [Old Sun]

Dear Serena, are lies evidence of exclusively active vampirism, or are even passive vampires occasionally liars? I try to root out all lies from my life, but I must admit that I sometimes used them earlier in concealing situations, in my life, of which I am not too proud and which, I understand that now, were due to the lack of positive energy, and of which I was very ashamed. I see that I have progressed because I am talking about some things without any shame, and accepting them, especially those that I really couldn't influence. I still find it hard to accept some of my oversights which, as I can clearly see now, were due exclusively to energy stolen from me. Sometimes it's difficult to accept oneself, but I see I am heading in the right direction.

August 4, 2007 8:43:07 | mindpositive

On lies – both active and passive vampires lie. There are all kinds of lies – conscious, semiconscious, unconscious, vile, roguish... They are always a sign of negative energy, of the lack of energy. Passive vampires lie precisely because of the lack of energy, their lies generally harm them. In their lies active vampires often harm others. Parallel: self-destruction – destruction.

August 2, 2007 16:04:52 | [Equilibrium

Dear Serena! I sang! And enjoyed it! I couldn't stop. I just found some old cassettes with my favorite music. Then I began to laugh. But I still kept singing. And spinning the throat chakra. And not only one song but six and seven. Usually my throat hurts for the effort (that's why I prefer to whistle because that is not wearying). But this time nothing hurt. The voice came out without a hitch, loud and clear. Then I danced a little, sang again, and danced. And enjoyed it again. Thank you!

August 2, 2007 8:51:212 | mindpositive

That's it, Equilibrium. True joy, not just a hardly perceptible flicker amidst life's confusion, but a condition which lasts longer and ever longer until it becomes permanent.
You've described it beautifully.

But where are other singers?

Free the throat chakra not only because of singing but also to have the strength to SAY. What you think, what you feel, what you want... How many times have you passed over something in silence, or were left without words because you didn't know what to say and yet wanted to say

something? There was no strength for it, there was no positive energy, the throat chakra was closed. That is why so many people suffer from thyroid trouble, even young people and top sportsmen.

17.

Sunday, August 5, 2007

THERE IS NO LOVE WITHOUT FREEDOM

Freedom

We need to be proud of every degree of freedom we achieve: as a person, as a family, as peoples, as a Planet... Every individual's step toward freedom opens up space for those around him to make their own step toward freedom. Ultimately, nobody can be completely free until everybody around him/her is free.

"Man is not an island, man is the sea", every drop in the sea is essential. We are all interconnected by the infinite sea of energy.

Personal freedoms and freedoms of the community are interconnected. A step toward one makes possible steps toward the others. These steps are always initiated by individuals, sometimes just because they are brave, and sometimes because their awareness is raised. Sometimes both the brave and the aware are proclaimed heroes.

Freedom is never reached by a single step, however big it may be. But each step of that kind is immensely important and that is why we need to be modestly proud of it. Because then we can make the next step.

There is no love without freedom. One supports the other.

Everything starts from the individual, from his decision to be free, from his wish to love. At any level, in any circumstances. Such a decision is always necessary as an act of courage and an act of awareness.

I'm writing this as I remember the tears I shed twelve years ago as a sign of gratitude to all those that defended freedom (the final battle for the liberation of Croatia from the Serbian aggression in the 1990-1995 war). I'm writing to them, honorable warriors, to let them know that they did not die and suffer in vain, that they did not
die for who knows what kind of political goals. Politics was involved in this and it

entangled everything it could, and that is why it came to the crunch: either defend yourself or evil will prevail, evil that never gushed from one side only. Today, when honorable warriors sometimes bitterly ask themselves “why?”, we all know that it had to be done because, regardless of the reason why, the moment came for defending oneself. They defended themselves, their families and all of us. In that war honorable people defended us from evil. We know and respect that. Although we don’t know them, and they don’t know us. But we know of their brave deeds, we respect and remember it.

My mother and father, partisans and antifascists in the Second World War, taught me to respect the brave and honorable warriors that defend the freedom of the community in times when defense is a must. They were unknown, ordinary people, just as all those that defend freedom. And great people, if each of us appreciates their deed.

And then we carry on, toward some new freedoms. Everybody has a chance to work for freedom. We don’t have to wait for wars in order to do that. There are various kinds of freedom. And they are all important.

Stay alive and kicking!

August 5, 2007 22:59:04 | [Eta]

I feel sorry for everybody that made sacrifices in the war. But I don’t think that any war or any sacrifice create free individuals and a free society. Rather the contrary. War – then an illusion of freedom - war – again the illusion of freedom. The vicious circle of the illusion of freedom.
When every idea of war and need for war are gone – freedom will no more be a mere slogan.
Sure, thanks are due to all the honorable fighters in war tribulations.
But in my view that has nothing to do with freedom.
Freedom is created by activating the divine spark, as Serena writes in her books. No, from war to peace... that’s an illusion without the divine spark. That’s what I think.

August 2007 0:05:06 | mindpositive

Eta, wars happen because people don’t know how to love and because they are not free in their souls. Wars don’t resolve anything. But they do happen. Politicians start wars. But such politicians are supported by people who vote for them. When a war starts, we are faced with the starkest evil. When you are attacked, you are entitled to defending yourself, and you have to defend yourself. There is no other way. And then someone must do it. Someone has to oppose arms with arms. I wish that we could have escaped this war in our country. But that was not possible, we had to defend ourselves from tanks that shot at us and crushed everything before them. Defending us, many people had to resort to arms although they didn’t want to, but they held out bravely and honorably.
This has to do with the freedom of a community, and that is the essence of the freedom of the individual. We still live in such times.

I will agree with myself (in the book) in saying that way to the freedom of the individual leads only through the divine spark as I see it, and then, when we are all free in our souls, there will be no more wars.

Unfortunately, as long as there are wars we must respect the people who honorably fought for us, too. Today, on the blog.hr I didn't see any articles on today's anniversary as last year, and that upset me. Politics has again polluted and muddied everything, and nobody feels like saying anything on the subject, obviously. People don't know what to say, what to think.

There, this is what I think.

I did not leave my main theme, and that is love. There is no love without freedom.

Freedom is freedom, it needs to be safeguarded, defended, created.

August 10, 2007 12:09:53 | [Equilibrium]

Some days ago I met a colleague to exchange certain job-related materials. We talked for a few minutes, and I suddenly felt a bout of nausea. We parted quickly and soon I recovered. I remembered that she suffered from multiple sclerosis. Was I a "victim" of energy snatching? Will I become hypersensitive by spinning chakras in a positive direction? Is that a normal intermediate phase to the phase of resistance to "supply availability"? Thank you!

August 10, 2007 15:52:47 | mindpositive

Patients are by definition energy-negative and vampires... Yes, your colleague picked up your energy. It happened before, only you didn't notice it, and did not make up for it by spinning chakras, but tried to snatch from somebody around you what had been snatched from you (from your children, partner, brother, sister, friend... whoever would let you do it, because that's the way the roles of all of you were distributed).

Therefore: 1. now the same thing is happening to you as before, but you can immediately make up for it from your own source; 2. you are not putting your family and friends in jeopardy; 3. the time will come when you'll have a sufficiently high frequency, so that fewer accidental people will be able to do that to you, and after that not even accidental people will be able to harm you. And after that, only some of your loved ones... and ultimately, not even they. Patience... for the time, what is essential is watching and mending immediately.

(Note: here I did not yet stressed sufficiently the importance of stopping negative energy in a case such as described by Equilibrium because I had not yet published the "black sheet" and the "press", at that time still in the testing phase in my "workshop". Please take that into account and add this to my foregoing comment).

August 14, 2007 11:16:10 | [Oak]

Dear Serena, lately I've begun to transmit – energy-wise – feelings of love, pleasure, calm to my environment... I have felt like that myself for an ever longer time, more constantly and more steadily (ever since I started to apply your discovery – the merry magic method). It's nice to know that I also help others, with my own self-development, to change their life for the better. Of course, I am not forcing them in any way, everything happens spontaneously. There, this is my observation and my experience. I want to say that we are on the good track. Thank you, best regards from Oak.

18.

Wednesday, August 15, 2007

Are you breathing?

Stupid question? Scientists say that we use 5-10% of the capacity of our brain. The case is probably similar with breathing. We may be breathing at 5% capacity. I haven't tried to quantify that, for the time being, but breathing also falls short of our needs and possibilities. Of course, when we are in the vortex of negative energy.

When we get positive energy going, both processes begin to improve. Of course, they are also connected. Breathing enables all chemical processes in the body. However, you can only improve breathing after improving energy processes. And energy brings us to the realm of physics. Physics is the mother of chemistry. Chemistry would not understand itself without physics. I'll leave mathematics aside for now.

Therefore, breathing.

Simply, observe your breathing when you do the "merry magic".

You will start to breathe deeply in SPONTANEOUS way.

Your breathing will become deeper and more even. As you progress in your energy process, your breathing will keep improving. If you have started to breathe deeply in SPONTANEOUS way while you do the "merry magic", this is also a sign that you have really activated positive energy, the chakras. The main sign that the "black sheet" has been applied successfully is SPONTANEOUS deeper inhalation (soft continuous exhalation cannot be achieved so easily, so let's leave as it is; we'll discuss it at length much later).

If you have engaged in any kind of exercise, or attended a course in relaxation, spiritual exercises, mambo-jambo coaching and the like, you know that instructors have always cautioned: breathe! You managed a little, really a little. Why? Because you cannot breathe regularly and fully until you're completely mentally and physically relaxed. Only positive energy brings you total mental and physical relaxation. Repeat, total. Those other exercises improve the situation a little, and

that's good. But we do not only want improvement, we want to achieve the best for us and for our life, the optimum. And that means – positive energy, the "merry magic".

Observe yourself. In order to fully understand the beautiful new reality you have begun to create. In order to connect this new knowledge about positive energy with the results you are achieving. With their regularity. There is less and less coincidence. You are creating. Yourself and your world.

Therefore, pay attention to breathing. No breathing technique, no urge. Do the "merry magic" and observe your breathing. Observe, observe everything, but just now observe breathing.

Breathing is the essence of life. The main sign of life. We live as long as we breathe. If we breathe only halfway, we only live halfway. Maybe we are only breathing at the rate of 10%? Ouch, life, where are you?

Do the "merry magic", observe breathing and then you'll see life growing in you. And the more life you have, YOUR WORLD will be bigger, richer, more diverse.

And, to round this off with the brain – I have already explained at great length how literally stupid we are with negative energy. We can be cunning, we can be logical to an extent, seemingly successful in some confined areas, but always far from the understanding of reality, never understanding the "whole picture". And this brain needs oxygen for the chemical part of its functioning, i.e. breathing. Breathe and you'll be smarter. You'll reach the "whole picture".

Nobody has yet let me know how he/she became smarter. Why the hesitation? You must have started to resolve some situations on your job, at home, maybe seemingly trivial, but you have dealt with them without thinking. You are probably in a better relation with the computer and all related gadgets. Probably you are no longer afraid of new situations ("But how am I going to do it? This is difficult!"), and simply solve them. Spontaneously, off hand, without delay, The situation is already different. Because now life flows. Does not stand still. Everything is new, exciting. You don't have to go to the Amazon rain forest in order to experience excitement and the challenge of adventure. Your everyday life becomes an exciting adventure. But observe. If you don't look around in the jungle, you'll get bitten by a venomous snake or insect in no time, or fall into a deep ravine. Observe yourself, look around in this "ordinary" everyday routine. So many interesting signs – what do they mean? Start with watching, observation.

By way of an introduction to another topic, an interesting little exercise – GRIMACE. The oftener the better. I think it will work better if nobody watches you, but I'm almost sure you'll enjoy it.

Stay alive and kicking!

PS I have so far underscored *observe* nine times, and this is the tenth. When I first took my three-year-old niece to the movies and started to explain, for the third time, what a "movie-house" was, she impatiently interrupted me, "yeah, I know, you already told me". But in this case, repetition is called for, we don't observe anything (other than – interestingly – our pets), least of all ourselves.

August 16, 2007 10:21:24 | [Old Sun]

Dear Serena, I observe. I observe and feel negative energy when it touches me – now I know that my mom is a vicious vampire. We meet only every few months because we don't live in the same town. During our latest meeting – I immediately recognized and connected the signs – I felt light nausea, a light headache, my brain reeled... I persistently applied the magic up to the thread tearing and tying phase. I didn't want to spin the chakras but only cut, cut and cut because I don't want to give her my energy. When she mentioned, as we were talking, that my brother was "fumbling", that things keep falling from his hands, that he kept forgetting things, etc... I told her that it was not his fault. After my visit to my mother my partner felt nausea, had a headache (he thought he had eaten too much, but I know that this was not the problem). He doesn't want to practice the magic with me and I can only help him by practicing myself and spinning my chakras – maybe his chakras will "develop a wild passion" for mine in the positive direction.

I am observing, Serena! Thanks!

As for other changes in my life – at present the destructive phase is on – what has to fall off is falling off in order to make room for better things!

August 18, 2007 12:51:37 | mindpositive

A good observation, Old Sun, about your mom and partner. And I have nothing to add – just keep on. The relations will change, in their manifestation, consistently with energy changes. For the time being your partner is refusing any energy insight. Don't press the issue. Of course, everything would be much faster, easier and more efficient if he also participated consciously, but that's the way the cookie crumbles. Your firm intention to resolve that and proper energy work can establish harmony one day. Observe, follow.

August 17, 2007 16:16:57 | [Sea]

Dear Serena, I'm quoting you, practicing the magic and the chakras and... I noticed that of late I'm not in the mood for socializing with my (female) friends, I stay away from them, and especially I have no need or wish of seeking the company of a specific friend, I feel she's negative and that she is stealing my energy (just as, probably, her family is stealing hers), something in me simply resists meeting her. I think that's positive because I'm obviously and already sensitized to smell negative energy.

My mom is a different story. I am mad at her because, although she's had a bitter life, she has no right to tell me: "Don't ever get married! Don't ever have children, that's only a load, that's dumb." Until a few years ago I thought she was right, I was under the influence of her negative energy (I still am, probably, but I'm fighting against it), but now I known that this is not so and that the story of her life need not be the story of my life too.
Now she's rather mean, negative and she steals energy even in some deliberate ways, even from her own children! How to treat one's mother best?

August 18, 2007 | mindpositive

(Female) friends are a very important topic, Sea, one day I'll deal with it in greater details in my post. Mothers are a difficult proposition, but friends can be left without major problems, and that's why it's right to play by ear. Every phase in life brings new friends but also dismisses old ones. No point in being dogmatic and keeping up a friendship whatever the cost, because that is no friendship anymore but a fake quality. But you have already understood that.
As far as your mother goes, you have already partly understood how she manipulates you, the way how she selfishly kept you for herself and prevented you from having your own life. I cannot and I will not tell you how you need to treat your mother. You need to understand the principles I'm talking about, but your decisions in your lives are – yours. I've said already everything in my book – how to treat vampires and vampirism, from whatever quarter they may arrive – from us, from our mother, from anyone.
In the right moment you'll know the first step, then the second. The third... As the frequency of your positive energy increases, your understanding of the situation will grow, and when you grasp it properly, you'll know what to do. Isn't that simple? A little patience, a lot of perseverance... You're doing fine.

August 17, 8, 2007 17:59:18 | [Equilibrium]

Dear Serena! In your book you also mention the pendulum. Out of pure curiosity I hung a ring on a thread (after having spun chakras for a while), and the pendulum started to "talk" with me. I never had any capabilities of that kind before. I am totally rational and left-brained! And then I got a real pendulum. I studied the brochure a little. But, to get to the point, what is my specific question? I think, can one rely on that? Thanks!

August 18, 2007 13:16:22 | mindpositive

The pendulum is a useful gadget, Equilibrium, provided we don't push it to give desired spins/signs/answers, which is often the case. How to distinguish that? You always need to check the pendulum signs rationally. You know the symptoms of active and passive vampirism at the physical and mental level. Compare your relation with that person at the level of manifestation with what the pendulum "tells" you.
The distinction between active and passive vampires is rather essential because active vampires steal your energy almost continuously, because they are essentially greedy and voracious. Passive vampires, if you let them have their way, steal your energy only when they are themselves pressed for energy. When they get out of the fix they leave you in peace. It all depends on how you formulate the question for the pendulum, you need to be very precise.
Therefore, take the pendulum's "story" at first with a grain of salt, check it rationally against indicators in the visible part of your life, and once, over time, you develop the capacity of receiving from the pendulum communications related to the perceptions of your "higher self", you'll be able to use it with fewer rational checks. And then, again, you need to know that there is always the possibility of error... What you need is a fine balance between trust in the

instrument and a reasonable attitude that nothing functions perfectly.
We all live with vampires, and we are ourselves vampires... che bello! Engage as little as possible in the energy detection of other people. It is a useful information concerning the people around us, but once you know your relation with a particular person on the basis of mental and physical symptoms, and of information obtained from the pendulum, do the "merry magic" regularly (THAT IS MOST IMPORTANT), understand the situation, its changes and fine points (because proper understanding contributes to energy growth and stability), but don't continuously check with your pendulum "what is that person over there doing in energy terms" just "out of the blue", but only when you feel a surge of negative energy so that you can detect from whom it is coming in that moment. Why? Because you're entering his energy field. So, use your pendulum with a sense of proportion. And don't detect other people by their chakras (you can do that with yourself). Tell yourself that you are detecting the overall energy field of a person, whether positive or negative.
We have already said that we are desirable vampire targets in the initial phase when our frequency is relatively low. We need to get over this period and do the "merry magic" as frequently as possible. We have said that there is no "lucky button" we could press and resolve all our problems with a single move.

August 18, 2007 12:39:01 | [Old Sun]

Dear Serena, I was intrigued by your "GRIMACE!" advice. And, you know what? After grimacing for a couple of seconds, I laugh my head off. In your book you said that laughing is important, while watching comedies if nothing else. This is grand – I grimace and die laughing! How exactly does laughter affect chakras? Hi

August 27, 2007 20:16:24 | [Blonde]

Well, I don't know what to tell you... when I discovered this blog a few days ago I was enthusiastic and I immediately attacked my chakras and since I've had health problems for some time, everything went crazy, everything grew stronger, fears of sickness and pain... and then I stopped doing everything, because I'm afraid, stupid, ain't it? I somehow feel all that is OK and that I should carry on, but I don't know..., I read some comments by people who were a little disgusted with you, and when I didn't feel better I thought, see, all this is dumb... and yet, something pulls me back, to try again, and when I summon up enough courage I'll start again... and, one more thing: reading the posts I found myself in both the victim and the vampire role, and it's difficult to admit that, because we all like to be loved... and then, when I understood that I was also a victim, I found it hard not to think about these people with negativity, you know, the "how could you?" thing... yes, I know all that happens at the unconscious level but nevertheless... maybe I got too many information all at once... I'll let you know when I move on ... kiss

19.

August 30, 2007

Apocalypto and fear

You also need to learn new things, not to mention fixing the already covered

material in your mind.

You need to read the WHOLE book at least two more times and, on top of that, skip through specific chapters. If you really want to understand. These are not stories about my family. These are also stories about you and your family. There are not many situations that give us a bad time in life. My family experienced all of them, and your family also went through similar ones. If you read intelligently (and you could do that already because your energy is fairly positive if you have been with me on the blog since the beginning), and even if you neglect a detail or two that does not regard you, you'll find yourself. You will find explanations why this is happening and find energy-related instructions and meanings you never noticed before. Either work thoroughly or give up. This applies to any effort.

The most important thing you should have learned so far (in addition to the "merry magic") is how to distinguish, physically and with your mind the condition in which your energy is positive and the condition in which it is negative. Such a distinction is totally impossible when your energy is negative. In that case you are stiff, physically and mentally benumbed and you don't even notice a black cat when it crosses your path (which, of course, is quite unessential), let alone able to notice your energy condition (which is the most important thing in life). When you have knowledge of, and experience with, positive energy, you clearly feel the difference between your conditions "under" positive and "under" negative energy. In order to help you, in my first book I listed the symptoms you feel "under" negative and "under" positive energy. You'll find that. What is essential now is your ability to recognize this clearly with your whole body and mind.

Observe everything that is happening to you, link events at the mental level with those at the energy level. In the book you have so many examples that you must have understood how that is done.

Do the "merry magic" really every hour on the average. I didn't write that just for nothing. So help me.

Go and see the *Apocalypto* movie. In addition to its being excellent, it is an extraordinary story about FEAR. Mel Gibson truly understood fear and produced a miraculously intelligent movie about it. Neglect the end, and let me know whether you have recognized the fear theme at all the levels of the movie.

You know that we must understand fear to the end. In order to live love. We did not need fear to live love. Not in the least. But we found it on the planet when we

arrived. We have all been socked with fear, from birth to the end. We could only suffer for it. Now we can deal with that.

Stay alive and kicking!

September 2, 2007 10:33:02 | [Roberta]

I'm writing again because I "devoured" the book and started to work right away, I gave the book to my niece who lives in the Netherlands and ordered two more: for my daughter (who also lives abroad) and, of course, for myself, and I can hardly wait to get the book in order to read it again, this time thoroughly. I believe that this technique is ideal for young people because it will help them and their children, and that it is an incalculable "investment" into their present and future.
Being initiated in Reiki II and yoga-nidra, it all overlapped a little, and I am not sure what is working and how... at any rate, I do the merry magic, since I am used to "visualizing", and so I just break negative energy with the third eye as I do the magic, spin chakras ... I started a dozen days ago, I can't say yet what has been the effect... I am not sure, but, as it happens, sometimes I can spin chakras very quickly and sometimes, however hard I try, very slowly – they just, during visualization, spin slowly and sometimes in greater circles, and sometimes I "embroider" as a sewing machine!... and when I break the remnants of negative energy, I do it in such a detailed fashion that I break everything... I tried, with the help of Reiki, to tie the remnants of negative energy threads, and I have the impression that it works... at any rate I won't give up and I'll keep working... and I'll keep in touch... as for reactions: I sweat a lot, my legs hurt, but I think I'm less and less worried and sad...
Hi, Roberta

September 3, 2007 14:05:19 | [Kanea]

Roberta, I also combine Reiki and merry magic. And it's great, the way it functions! Sometimes, after stopping the flow of negative energy, I just have to spin the chakras with symbols and they all spin at once. Working spiritually on oneself you have this beautiful opportunity for creativity and investigation.

September 4, 2007 10:33:37 | [Roberta]

Here's me again! I recently went on a one-day trip to the birthplace of my husband (a place that gave me an unpleasant feeling for quite a few years). I only came because we met with my grandchildren who live in the neighboring state. I was a little nervous because meetings with the family of my husband were never too pleasant... there were never any conflicts – but their stiffness, lack of conversation and no display of any emotions made me ill at ease to such an extent that I just impatiently waited to leave... however, everything was great, when I got home I called my daughter and told her I had a nice time and felt so well: nobody was angry, nobody dished the dirt, nobody was nervous, the kids were merry and literally clung to me, I fondled them, lay on the grass, ran and played ... even the adults were in a good mood. My daughter also confirmed that it was really such a pleasant, nice day... now, tell me, isn't it lovely to have such a "powerful weapon" because by helping yourself you also change the people around you... things are improving continuously... I'm definitely convinced!

September 5, 2007 10:03:09 | mindpositive

Roberta, Kanea – nice events, good observations. But be careful since you engage in Reiki. Be creative, but have in mind the essential most essential fact related to energy, a fact you never

read about until *Geometry*... – and that is that we, people, by spinning chakras clockwise, PRODUCE, CREATE ENERGY WITH OUR CONSCIOUSNESS.

All the others that tinker with energy drag it from God, from the Universe, from Peter Pan. This IDEA of GETTING energy from the almighty God or from the Universe is a direct introduction to vampirism.

When our energy is positive, we cooperate with God, the Universe, the zero-point field. We cooperate resonantly.

That is the only correct relation to God and to people. The only free relation. That gives us dignity and purpose – we create energy at our own level and thus contribute to the Universe.

Everything else is a consumer attitude, solicitation without dignity, manipulation and grabbing, trade with emotions and thoughts, playing with symbols and techniques without anybody knowing what they actually do, but write who knows how many books about them.

20.

Tuesday, September 4, 2007

DUEL ON THE REIKI THEME

"On the blue sea beach caressed by the breeeze"... real dramas happen, if you know how to recognize them

Johnny and Tommy, about seven. I didn't notice them among other children in the shallow water until the screaming began. Johnny chases Tommy, Tommy runs away and talks to himself, "run, Tommy, this is ugly!", but mainly he trots and swims in the shallows – in a circle. Johnny follows him, does not beat him but chases him relentlessly, not good-naturedly but threateningly with a malicious smile. Tommy still convinces himself that the situation is ugly, and howls "let me go, get off", still circling on the same ground and thus letting Johnny to be constantly at his heels.

I check the energies with the pendulum, Johnny is very negative, Tommy neutrally blocked. Matches the manifestations on the ground. I block Johnny's negative energy and in a couple of minutes the howling stops and the two bitter enemies play like brothers. Pure idyll. I look at the energies again, both are positive (children need very little to "get positive"). That again matches the visible condition on the ground. Always compare energy data with visible ones – psychologically and behaviorally. That way you'll avoid wrong interpretations about "who did what to whom and why".

After half an hour the two are still in the sea, it's hot, what else can they do, and the shrieking and chasing start again. The same scenario all over again. Stupid Tommy, I must say, could at least run away if he cannot stand up against Johnny, but no, he just howls and wails. He's not even that bright. Have you figured out why? Because he's "hypnotized" by Johnny's negative energy and he regularly allows him to drain him by staying close and literally offering himself to abuse.

Energy-wise, the same picture again. I wonder why Johnny again "switched" back from positive to negative energy when everything was alright – the energy was positive, the play superb. There must be a reason, but I don't see it. And then I spot a little girl, five or six, sitting on the shore and just watching the two. She doesn't touch anybody, doesn't get involved. Later on she calls Johnny and I realize that she's his sister. Little Anita. Sweet five-year-old. Just watching the two still running about, Tommy screaming. Pure mobbing. I look at her energy – just a little negative. Meaning, Anita just got here, didn't do anything. She sat down on the beach. And Johnny went berserk, got negative, and Tommy was the fall guy.

Well, let's carry on the experiment. I stop her negative energy, then Johnny's once again, and now Tommy's as well, because owing to repeated fear he also switched from neutral to negative energy. There they are, the three, playing nicely. Anita has joined then, brought a ball, a rubber ring, they combine all kinds of games. Finally, I also decide to take a swim, I swim a little far off, and on returning to shallow water I get close to Anita and Johnny. Anita floats holding on to an air mattress, Ivica floats with a ball. What else are they doing? Anita is making up a story, I don't remember any more what it was because that was last summer, but the story is pure horror. What would a scared kid tell another scared kid? A horror story. The same applies to adults watching or reading horror stories and movies.

I stretch on the towel, the sun is warm, marvelous. And then screaming again, Johnny is chasing Tommy, Tommy howls again but does not run away. What the devil is happening, I wonder? Who is the new character in our horror story? Grandmother. Grandma brought sandwiches for the children. Good old grandma. Full of negative energy like Lucifer. The old woman "supplies" energy to Anita and Johnny, and they pass it against Tommy, shrieks sky.

Come on, kids, do play nicely, intervenes the old woman sweetly, pedagogically. Don't quarrel, that's not nice, she teaches them, that's the proper thing to do. Of course, the kids don't obey because they are energy-wise freaked-out and behave accordingly. Until Tommy finally uses his head and starts to run home crying: "I'll

tell on you to my dad, and then you'll see!"!

In the ensuing calm I hear good old grandma saying the following, probably to the nearest unknown person speaking the same language (because the beach is full of tourists from different countries): "These are my grandchildren from Zagreb. My daughter's kids. She's coming tomorrow to get them. They should have stayed two more weeks, but I can't handle them. This is they carry all the time, just bickering like a cat and dog. Even in Zagreb they can never leave them alone at home because they start squabbling or fighting right away. Their ma or dad must always be there with them...They could have enjoyed the sea until the start of school. But I can't control them. Nobody can. And I just don't know why they turned out that way, who they took after, my God..."

Poor Anita and Johnny. They'll keep fighting like that to the end of their life. When they grow up a little they will try to stop, maybe. But they won't be able to. Anita has already become a true active vampire and that model will never be cancelled. Johnny will always feel threatened. Anita will always drain his energy slowly but steadily. With quarrels all and all over again. Sometimes there is an apparent reason, often there is none, but the squabbling between them is always there. Because they are stuck in a vampire model, unknown to all.

Tommy obviously has no female vampire in the family and has not built a guard like Johnny's for stealing someone else's energy in trouble. He may have luck with a partner when he grows up because he doesn't have the negative vibe "implanted" by the vampire-mom with the inscription "love" by means of which he then "recognizes" female partners (with whom, as they mistakenly say, his "chemistry works"). He'll probably have problems with boss-vampires who'll drive him to desperation (Johnny will probably be such a boss), and he'll never understand why.

Rummage though your memory a little. How many brothers and sisters of this kind do you know? How many do you know altogether, and how many of them of the Anita/Johnny variant, milder or similar? Calculate the ratio. Then ask a little about those that, as you think, do not match the Anita/Johnny model. Maybe they do, after all, but you didn't know it.

Finally, think about a stereotype that we all take for granted as pure and unquestionable fact: girls mature more quickly than boys. They are more diligent, more serious. They learn better, they concentrate better... Why? But, once they grow up, there are few girls among the bosses and guys with power. Why? One day we'll talk about that, too.

You can see all kinds of things on the blue sea beach, if you're not just looking at blondes.

Stay alive and kicking!

September 4, 2007 22:37:23 | [Old Sun]
Dear Serena this is a brilliant post! Brilliant to the extent that it literally "scared" me and motivated me supremely not to give in and to persevere even more in practicing the merry magic and spinning chakras. I love such concrete examples, they are very instructive. Thanks!
September 6, 2007 8:40:09 | [Kanea]
Serena, I don't agree with your saying that just everybody working with energy steals energy. Because if we're one with the Universe we don't steal its energy because this energy remains in the Universe. Moreover, in the world I've met beautiful wise and very simple people who use energy in harmony with their experience and acquired knowledge (and know nothing about chakra spinning), and their life is certainly an example of harmony with the Universe. I am convinced that every man has his own life plan and way of discovering unity with the Universe (return to unity), and each of these ways is good.
September 6,2007 9:04:43 | mindpositive
Kanea, your logic is full of holes like a soup strainer. Thus, for instance, you say "because if we are one with the Universe we don't steal its energy because this energy remains in the Universe". This is what this means: you steal somebody's energy but never mind, "because everything has remained in the Universe". Or, you take (steal) energy from the Universe, and then claim that it wanted just that because it's large and rich, and will not miss it. Why, then, shouldn't a thief say, stealing your wallet – this is no theft, the wallet is still in the Universe? The example of these "beautiful and wise people who use energy" you're talking about would show, by a careful analysis my way, that they are far from that qualification of "beauty". Therefore, your praise is for me only a very superficial glorification of people you don't know at all, or have not analyzed objectively and skillfully, instead you preferred to be enthusiastic because you wanted that, these are well-known reactions.
The discovery about which I write in *Geometry* refutes the generally accepted view of those who work with energy, which you also support and which approximately reads like this: "Energy is energy. If I have it, I'm fine, if I don't, I'm in trouble. There is plenty of it in God (the Universe), he is infinite, he created us and he is here to give it to us. I just need to know how to get it from God." The problem is that in all this "conducting" from God/Universe those that conduct in fact take/steal energy from people around them. But they don't see that, and don't want to see it. Actually, it's not easy to take anything from God, but nothing is easier than taking from your neighbors or from the people around you. I've explained all that in my book, but you obviously didn't understand it.
Throughout the book, at all levels, I have shown that there is positive and negative energy. Negative energy annuls positive energy. It does not simply coexist with it, and there is room for both. In man negative energy is manifested as illness of all kinds and decay.
Energy is not a table-type phenomenon, where two different tables stand without any problem next to each other without interfering in each other's life. Whether positive or negative, energy

permeates everything and we are all connected with it. Thoughts are energy, emotions are energy. Of course, my discovery about positive and negative energy like all discoveries has to blaze its way through refusal and lack of understanding. Maybe it will be rejected and unrecognized, we'll see.

Since thoughts and emotions are energy, there have always been great people that managed to purify their energy only by consistently positive thoughts and emotions. This in an excessively difficult way and that is why few people enjoyed full success. Very, very, very ... few. So few that we know them as recorded in history, and none of us ever met them. It takes a lot of effort and a long time. Most people are not prepared for that. This is why states and civilizations go own, and so do people with them.

In my book I explained how simple the teaching of love is if we understand the nature of the energy of the Universe and if we apply it ourselves. If we understand the difference between negative and positive energy.

Of course, everyone is entitled to choosing his own road, but not every road is good. But everyone has to discover it for himself... or miss discovering it.

In passing I clubbered various bio-energy advocates, including reikists, who base their spiritual instructions on energy work. They teach manipulation, energy handling, but they don't know anything about energy. They don't know energy, but just the manipulation of energy. And, on top of that, base their "spiritual" way on that. The result – the attendees feel some changes and think "this is it". "This" is only manipulation of negative energy, a very successful one, and hence supreme vampirism. This is also why such attendees momentarily feel "better", but nobody watches what is happening with the people around them, and nobody observes what is happening to that person over a long term.

I'm not claiming this by heart. I've read many books on the subject, attended many different courses, including two degrees of Reiki, tested energy-wise (on the basis of my propositions) many of such "teachers" and came to the conclusion I am presenting.

September 6, 2007 10:18:14 [Kanea]

At any rate, there are people who manipulate others pretending to be "spiritual teachers" (I've met many of them). But you can't claim that all the people dealing with energy are thieves and manipulators. I am also speaking on the basis of my own tested experience. I've met people who gradually (some more, others less quickly), through their own lessons in life and learned techniques (Reiki, meditation etc.) arrived at knowledge which changed their life completely (their own life and the life of the people around them). Similarly, by spinning chakras some people will also arrive, faster or more slowly, at knowledge and changes in their life. I have also been through various initiations and techniques, but never exacted from anyone compliance as a "healer" and used all this knowledge and methods exclusively for my own growth and development. My first goal has always been healing myself at all levels, and my child and all the people around me automatically become more positive with me (and all that happened although I didn't know your technique!). I have seen similar examples in many people I met throughout the world (on my travels and in places where lived). I have no intention to compete with you, but I

feel sorry seeing all your beautiful perceptions and discoveries being overshadowed by the defamation of the effort and diligent effort of all those who reached the same results as you with their perceptions.

September 6, 2007 10:28:18 | mindpositive

Kanea, it takes intellectual discipline and skill to understand what I am talking about. Nobody has obtained the same results by some other way as I did. This is why I still claim that the road mentioned in my discovery is the only one leading to LOVE, CREATIVITY, GOODNESS, HEALTH... for us and for the people around us (essential!). Today. Who knows what will happen next. Humanity is developing through new discoveries, which, if they were good, cover the previous discoveries and surpass them at a higher level.

People generally don't like my emphatic attitude, but I don't desist from it because I'm not buying anybody's liking or selling knowledge. I am just bringing it to light. Better having three people TRULY UNDERSTANDING what I'm talking about than having infatuated three million repeating something they don't understand.

September 6, 2007 10:43:57 | [Kanea]

By all accounts, you are convinced that ONLY YOU have the "intellectual discipline and art of understanding" spiritual perceptions. And all the others, lacking that capacity, should follow you. This is also manipulation! Nobody can guarantee to people that a Reiki teacher, bio-energy healer or the like is truly a person possessing positive energy and having good intentions. Similarly, nobody can guarantee that for you either. Well, we are all entitled to our own convictions, and if you are convinced that you alone have discovered the road of enlightenment, why not!

September 6, 2007 10:51:14 | mindpositive

I'm quoting you, Kanea: "But I feel sorry seeing all your beautiful perceptions and discoveries being overshadowed by the defamation of the effort and diligent effort of all those who reached the same results as you with their perceptions." If I say, speaking to or about anybody, "I think you're wrong", that is no DEFAMATION. This attitude of total tolerance – "all of us wanting spiritual development are right, and any road to that goal is good" - is unproductive and indeed irrational, and even dangerous.

I will not speak about "spiritual pedlars", because that case is clear, we are talking about people who really try hard to promote the spiritual road, and, of course, there are quite a few of them. They (quote again, "who reached the same results as you with their perceptions")do achieve certain improvements with their "patients", <u>but those are not the same results</u> as those achieved by POSITIVE ENERGY as I interpret it, not even close to them by far and large .

There, this is my emphatic attitude. People often think, as you do, that this "geometry" is just another nice little technique among hundreds of others. Let's play at "working on oneself" and "spiritual development." Oh, how sweet and progressive... All that can be expected.

September 6, 2007 11:17:22 | [Kanea]

Let me quote you again: "Everything else is a consumer attitude, solicitation without dignity, manipulation and grabbing, trade with emotions and thoughts, playing with symbols and techniques without anybody knowing what they actually do and write who knows how many books about them." And, later on, "They teach manipulation, energy handling, but they don't know anything about energy. They don't know energy, but just the manipulation of energy", and that for me means defaming others. And who are the *others*? All of us who try hard and work?

You cannot know what others are doing, and how they are doing it, on the basis of your few experiences, and yet you emphatically claim that you are the one who knows exactly what all those engaging in spiritual work have achieved or failed to achieve. How do you know that really nobody using symbols or anything else doesn't know what he is doing? I have to admit that your kind of fight and defense of your attitude does not reflect positive energy, and this is what fully out of sync with your theory. I have rather the feeling that you are very mad and bitter instead of being cheerful, pleased and fulfilled. Yet, this is only my feeling. Let everyone judge for himself, and as far as you are concerned, I wish you all the best with all my heart!

September 6, 2007 11:54:05 | mindpositive

I hold on my criticism which you quoted (that is no defamation) because I have studied Reiki well through their literature and practice. I don't need twenty years and a thousand examples to understand something. Several books, two seminars, following the work of instructors, their results and a few attempts on my own... even too much, really. They have a lot of nice words, even good intentions, but Reiki is a totally inconsistent attempts, which started with a legend, with nobody being sure of any confirmation in reality (on the founder of Reiki), and continued with the trading of the right to initiation for quite a lot of money (!¨) and a brawl (!) between the first Reiki teachers. This is the information in the books written by reikists. Really a poor beginning. Later on, many good people thought they had found something new in Reiki, something good, but NOBODY UNDERSTANDS what it does and what happens to their "patients". Moreover, quite a few have been initiated as instructors for substantial fees (a dozen years ago in Croatia they charged as much as 700 Euros for "initiation" in the first and second degree of Reiki, then there was also "initiation" for a master degree – a lot of degrees, and lots of dough). They then reap a fair amount of money on their own, and that chain of happiness and easy money spread nicely all over, their mouths full of great spirituality. Try to understand the difference between your good intention (which I am not contesting, to you or to many others, just across the board without any checks) and the UNDERSTANDING of what Reiki really does. I could say even worse things about the thousands of bio-energy healers who mess about patients. I am not bitter at all. I can't tolerate stupid things. I'm saying it loud and clear. This is a part of life's serenity and courage – openly stating your position and endeavoring to prove it by arguments.

Do you really think that the idiotic smiles and alleged "loving" of all over the place – the basic feature of the behavior of all "spiritual" instructors selling their seminars for fat fees – are a mark of their spirituality? For me this is only good marketing.

But, apart from the nice profits made by even totally ignorant and incompetent people, lacking even skill for what they "teach" and "initiate", my basic remark in the first comment on this post refers to the key principle invoked by all those who do something, teach or treat – with energy. They all, reikists included, argument their energy work in the following way: we bring/conduct energy from God or from the Universe for your benefit, and that's what the Universe wanted. And claim that this is very much in order.

In *Geometry…* I claim "you can produce/create energy only on your own", and then explain how that is done. There, I have repeated this for you the third time, but you still cannot understand it and keep polemicizing, totally uselessly, about minor petty topics such as the one about the "beautiful spiritual" people you've met. In my book I nicely explained how "beautiful" such beautiful people really are. Because of the physical nature of energy YOU CANNOT HELP

OTHERS just as you cannot quench the thirst of others. And that is what all these energy manipulators do – they "help" others. You don't even help yourself by using various techniques and would-be techniques and thinking that God gives you energy. The essential point is that WE CREATE OUR OWN ENERGY OURSELVES, that we can do it and that no other form of "obtaining" energy is correct. That is the theme I am proving on more than 400 pages of my book.

And then I told you reikists, after seeing how enthusiastically you think that everything can be nicely combined – Reiki and "merry magic" and who knows what else – that Reiki or any other technique cannot be "nicely" combined with the geometry of the divine spark because these other techniques, in spite of the possibly good intentions of ill-advised and in most cases in every respect ignorant people – are vampire techniques.

The contrast between my basic proposition, "I CREATE ENERGY", and the Reiki and bio-energy one, "I AM THE CONDUCTOR OF DIVINE, UNIVERSAL ENERGY AND I GIVE IT TO YOU (OR MYSELF, no difference) IN ORDER TO HEAL YOU/myself" is so big that it cannot be bigger.

If you have read my WHOLE book at least once and did not understand the difference, that is a little odd but obviously possible. Maybe you didn't read the whole book.

I assume there are not many reikists among my readers, but this discussion was stimulating not only because of Reiki but because of my basic proposition which I am presenting again in this comment, too.

The thesis "I CREATE MY OWN ENERGY" and the simple instruction how to do it have so many implications for the role of Man in the Universe. It totally changes everything. I have described all that. I feel sorry when I see that some people don't understand that. And yet it is so simple.

So I still keep trying to explain it to you. I only want to explain my thesis, as long as there are people who ask and read. Because I want you to UNDERSTAND. I keep telling you to OBSERVE what is happening to you so that you can also check the thesis. The book was not written with the wish to make you believe me, not at all. You've noticed that, I suppose? Or to feel a liking for me. And least of all "to follow" me, as you also reproach me. I have continuously and in various ways argued my theory and encouraged you to understand it and verify it against your experience, but with the proper observation of the ESSENTIAL, not the unessential. No more, no less. I always write "think, think, think". There, your polemics is also the picture of a negative mind incapable of distinguishing the essential and the unessential. The cornerstone of what I'm saying is modern physics, although you have not, perhaps, understood this so far. And then it brings psychology, biology, quantum physics and medicine to the same ground and the common conclusion. Well, I'm repeating myself... but for some people it's not worth repeating a point even a hundred times.

21.

Sunday, September 9, 2007

Feigned joy

I wanted to answer the question which was raised: what should dumplings do when they want to get rid of excess pounds? Then about love, love between partners... is there any other unanswered question? And I'll answer, but the situation creates other priorities.

There's a question: what is the difference between an active vampire which, definition, is always full of energy, and a person with positive energy which is also full of energy at the physical and mental level?

Both ACTIVE vampires and people with POSITIVE ENERGY have the feeling that they have energy, that they are strong, buoyant, enterprising.

Is there any difference?

What was I saying? OBSERVE YOURSELF AND AROUND YOURSEF. Thoroughly and honestly. That is the precondition for talking about differences.

In addition to feeling strong, buoyant and enterprising, a person with positive energy feels INNER JOY. In most cases it is not eruptive, for showing off, it is not euphoric. This is quiet, calm joy from which you will never see any situation as being dramatic or problematic. You see it as a situation which you are solving in order to attain the desired goal. In particular, you are not looking for fall guys among other people, you are not dissatisfied with them, and in particular you don't dish any dirt about them. You see that people do not behave adequately, that they make mistakes, but you are not dramatic about it. You simply take up the proper stand and these people also begin to function adequately and cooperatively. AND THEN YOU SOLVE THE PROBLEM WITH JOINT EFFORTS. (They used to say that "harmony builds the home"). Also, do not extol yourself to heaven, but don't gripe over yourself either.

Of course, there are moments when all the "situations" are calm, resolved, everything proceeds as it ought to, and then your calm joy burst into cheer and enthusiastic fireworks.

Active vampires are also buoyant... you bet they are. They can do anything and they know everything. And they truly work, and try hard. But that always happens in a context in which those around them know nothing, they are so “passive, inert, incapable”, the others. This is the unavoidable context of their “magnitude”. For instance, say they are really at level 100. That’s not enough for them. How will thy “elevate” their position? If they are not capable of climbing to level 500, which they fervently desire, they always want more than they can really have, they insatiably grab as much as they can, push all the others down to level -400 and, there, they are now at the difference of 500. And this is a simple mathematical presentation of the situation in which they have grabbed the energy of all the people around them, and are then very dissatisfied with them. Worst of all, the others are truly inert and unenterprising... no wonder as their energy has been stolen and is being continuously stolen. Therefore, dissatisfied active vampires have created themselves the reason for their dissatisfaction and, of course, they don’t see it. Active vampires regularly dish a lot of dirt about everybody else in the context of any story. As a sub-variant, they say that the are very “miserable” because “all the others are no good”. They suffer and are unhappy about it. In most cases they do not care at all for the others, they are not involved either in an allegedly poor situation, even need not know about it although the person(s) involved may be your next of kin. An active vampire is very unhappy because her cousin is in a bad marriage. Or a sister. Come on, mind you business and not somebody else’s. Yu didn’t even deal with your own problems, but problems affecting other people certainly need to be a reason for your “concern”.

So, they are lively, work for five, and yet totally dissatisfied.

(I am not going to talk now about active vampires who are total liars, lazybones, cheats, those that consciously and deliberately abuse others... Now I have taken those that look the most positive, whose character has not yet been destroyed as the character of those mentioned previously, but who are nevertheless very energy-wise active vampires.)

In two words: POSITIVE GUYS are lively and creative, but cheerful and satisfied (even amidst a problem), while ACTIVE VAMPIRES are lively, but dissatisfied along with at least five different negative emotions on their standing repertoire.

There is also an important difference regarding energy continuity. People involved in the process of stabilizing chakra action and raising the positive frequency of their energy rather frequently experience energy oscillations. From a condition of full

form they fall to an acceptable energy minimum or even lower, and then rise again. This happens because of the simultaneous occurrence of the process of cancellation of "stored" negative energies, which are substantial. This requires a terrifying amount of energy, but in their predominant positivity they mainly economize their energy quite well, and the periods of total exhaustion are fairly rare. They always spontaneously leave a sufficient quantity of energy for the performance of everyday assignment.

Active vampires don't experience such energy falls. They always function as if they were wound – when they talk, work, have fun. They know a million tricks so that they always have "handy" clients from whom to collect sufficient energy for whatever crosses their mind and even more than that.

So far everything is more or less simple, but now we have the confusion called FEIGNED JOY.

Many people who "endeavor to improve" and "develop spiritually" have read somewhere that one should be in a good mood, accept everything, help everybody... And then many of them FEIGN it, focused on the good intention to improve spiritually and in every other way. However, if you are not totally honest, good intentions can lead you... to strange results.

So, don't FEIGN anything, especially not joy. Look deeply at your inner personality and note precisely what you are, and then DEAL with what you see. It's not important if you are still mad at someone, or if you have caught yourself dishing the dirt about someone... so what. What happened is not a problem. The problem is

1. if you DON'T WANT TO SEE IT;
2. if you DON'T WANT TO SOLVE IT.

After you have stabilized the positive chakras, your need to feign (I have delicately used that word for something that is essentially a LIE, when you feign you lie to yourself and don't want to know it) will spontaneously decline and it will disappear very soon. Fairly quickly you will be sure about your feelings and your moods. You will no longer keep doubting your own feelings, thoughts and attitudes as you do when you are negative energy-wise.

<u>Learn to recognize in yourself true, beautiful, merry joy</u>. Of course, it only exists if you are energy-wise positive.

If you have nevertheless recognized yourself as an active vampire in these or some other descriptions, contrary to your expectations, don't despair. If you have managed to get so far as to seeing your errors, there's hope for you. There is hope for everyone. But not in the form of a lottery prize.

Stay alive and kicking!

September 10, 2007 20:35:48 | mindpositive
Whoever came forward reported on initial improvements in life and then, say, on changes for the worse, the cleansing phase... After that, has anyone again got to the stage at which these changes were resolved, and reached the good phase again? And is satisfied with the way of problem resolution? That's what I would like to hear.
Don't tell me you're all stuck in a new wave of problems and can't get out of it?
September 10, 2007 | [Old Sun]
Dear Serena, I've succeeded in cleansing part of negativities, and I'm sure about it because of a situation in my life which I can now discuss openly – that's the way things are and I could not influence that at all, and could not change anything (a situation with my parents) – the difference lies in the fact that before I was ASHAMED, as if it were my fault, as if I was not good enough or as if people didn't want to accept me because of that. In my soul now I'm at least a pound lighter, :-)), because if nothing I am not hiding anything about the situation. And the rest... things will probably improve over time. I'm in trouble because vampires have smelled my weak positive legs and are draining me to the hilt, but I'm not giving up. I spin, although I need much more time to complete a spin tour for all the main chakras. There, these are my news. Nice regards!
September 10, 2007 21:05:28 | [Old Sun]
Dear Serena, this post with feigned happiness is extremely interesting. I must admit that I have often been in situations in which I felt miserable and lousy, but because of my job I had to put on a smile, a cheerful mood and good will. When I came home I felt like a rug wrung dry. I would sit on my bed and fall asleep before the TV set. I believe that this exhausted me additionally, along with all the vampires around me. You have to invest a lot of energy in a smile when there is genuinely no smile. Today I really feel more cheerful.
September 10, 2007 21:36:52 | mindpositive
Old Sun, here's a small idea for the obligatory business smile: along with a smile, give everyone his due, very precisely, but as if you were kidding (of course, I have in mind your fellow workers; if you have to deal with clients, you'll have to manage one way or another). Humor comes from heaven. A sense of humor also develops out of positive energy. Not only the sense of laughing at other people's jokes but also of making up your own. Finding the way to be honest is essential. This needn't be cut off so sharply.
September 11, 2007 12:19:31 | [Oak]
As far as I am concerned, everything is great so far!
September 12, 2007 11:33:31 | [Unregistered user]
Dear Serena, I've been reading your blog for quite a long time. All praise is due for your courage (and it was called for) in tackling the everyday energy clashes in such a manner, with such an

optimism and wish to help others.
For almost a year I have been waging a battle, which I sometimes win and sometimes lose, with – I would say – myself. Sometimes I have the impression that I am a nasty active vampire, sometimes that I am a passive one, and sometimes that I am neither but just somehow lost. Maybe I am excessively brutal with myself, or maybe I lie to myself so well that I can't see anything myself. It still takes a lot of time, and listing some of your old and new pages will help. Regards and thanks!

September 12, 2007 23:32:14 | mindpositive

Unregistered, your description also looks well – honestly and really. Everybody follows his/her own pace. Just don't stop. Or, if you stop, go on again. Any change you notice and UNDERSTAND is already a good sign, is already a step out of confusion, out of being mixed up. See what Oak has to say about feeling particularly well when working off the "merry magic" 15 times a day (that's every hour, as I recommended). We can't always do everything but, and that is essential, we must note that bond, and ultimately we shall be able to do it ever more frequently... Energy work is most important of all.

September 12, 2007 20:34:30 | [Oak]

So, things are slowly falling into place. First of all, I am healthier , my energy is higher (and that's plain truth)... In particular, I feel buoyancy and strength on those days when I diligently spin the merry magic about fifteen times. Admittedly, I don't always remember to do that regularly, and that is maybe the reason why I am still oscillating. But, regardless of that, I feel much better, and this discovery has given me much, very much. My relations with my parents (the cause of other relations) ar much, much better! Even in misunderstandings, which of course happen, I remain calm and find a solution and answer. The only problem, I must say, where I still don't see a clever solution is love. That is, this is a relation in which I don't have too much luck, and then so many dilemmas... It's a little more complicated, but I feel I'll find an answer to that problem as well. There, this is briefly my experience. Dear Serena, thank you for your unselfishness and courage to share your discovered treasure. Even if the number of us whom you helped were small, you helped us a lot. Nice regards.

September 13, 2007 23:04:51 | [justlikethat]

Hi! I'm still bothered by what happens when we spin chakras in public places with many people around. I read the book a month ago and enthusiastically recommended it, with all my heart, to all my friends and acquaintances. You really wrote the book so marvelously that is accessible to all generations. But, and that question bothers me, what about this process of chakra opening? What happens then with the negativities surrounding us in public places? Is there any point in doing this in a public place where, unquestionably, the negative energy is always larger than the positive energy field??? Thanks!

September 14, 2007 0:18:12 | mindpositive

I'll answer that question, Justlikethat, in greater detail in my post, and for the time being here's a quotation from the "merry magic":
If you have the impression that you were exposed to strong negative energy, don't do "step 2" right away, several minutes after "step 1", but ten or even twenty minutes after
"step 1".

Let me add: do <u>only</u> "step 1" in such places or situations , whether there are many or few people around, when negative energy is strong.

(At the time I could not yet publish the “black sheet” because I had to be sure that it is indispensable, although it would essentially ease the situation for such people, as well as the later “press”. I explained the reason why in the chapter of the “black sheet”).

22.

Friday, September 14, 2007

The difference between “UNDERSTAND” and the carrot

In the excellent comedy *Analyze That*, shown on TV for who knows how many times, at one moment the patient – the overwrought mobster De Niro - asks his shrink the following question:

“De Niro (the patient): “I ask you something, and you ask me back! Is that I pay you for? Is that I pay you for?”

That is the sketch of the basic scheme of every psychotherapy. It is based on one good rule, and that is: if someone (the patient) is not prepared to answer, trying to answer is a futile effort. That is why the psychotherapist returns the question to the patient and urges him to find the answer himself. Then the mobster is irritated because he is used to get everything he wants by force. Later on he cools down because he is supposed to be nice and smart.

The problem in psychotherapy is that the shrink probably knows how you could progress three steps forward, but what happens next he generally doesn’t know... and you need knowledge and ability for the next zillion steps. The shrink knows many “nice things”, but he knows nothing about energies. That is why he also feels that the interpretation of events and the understanding of their fundamental resolution are evading him. And then his returning of questions to the patient assumes the opposite significance – and that is that he often does not know how to answer your question. If you had the opportunity to ask the shrink whether he has dealt with his family, business and other problems, and if he wanted to answer that honestly, his answer in most cases would be “no”. Then you would also understand that he can’t give you the essential questions wanted by your confused mind. Let’s say you’re not mentally deranged at all (according to estimates, about 30% of the people in the world are mentally deranged – probably they are not considered to be “mad”, but having a certain disturbance that ought to be treated by a psychotherapist: unreliable source from a Zagreb daily), but you are confused.

Generally speaking, your psychotherapist is only a little less confused than you. Hence De Niro's witty question. Nevertheless, when you start working with energy, don't hesitate to seek a shrink's advice if you need it. And THEN, when you are energy-wise positive, if you need that at all, it can help you.

Some people think they have spiritual teachers, instructors. They will certainly learn something from them. If you want to learn something, you'll learn it, even if with the help of our cat Kiki. However, in order to assess your teacher realistically, try to find out something about his vital situation, does he pursue good relations with colleagues of the same conviction/profession, does he have a good family and financial situation. If the person from whom you seek advice and instruction also has problems, you will not learn anything from him. If he didn't help himself, how can he help you? If the teaching he teaches did not solve his problems, how will it solve yours? You'd better read, think and reach on your own the answer to your problem.

I have strayed a little, but never mind.

I wanted to draw a parallel with the way I wrote the book and with the way I am answering your questions. Most of the books advising some personal work (and there are many) support their advice by "positive examples". They probably think that they prove the validity of the suggested method.

In the *Geometry of the Divine Spark* I mentioned very few "positive examples", and many more "problematic examples". Is that motivating? Maybe it is, maybe it isn't. Or – it depends on the person. But that was not my goal, that is, to "wave a carrot in front of your nose" because that is something fit for donkeys and rabbits. I have quite a few positive examples to talk about (maybe some time I will), but I did not want to "buy" you with that.

All the examples/stories I described are focused on helping you to UNSDERSTAND. Yourself and the rest of the world. To learn the principles, the regular patterns enabling you to understand. To learn how to observe yourself and how to understand what you have observed, but at several levels (energy, mental, behavioral). After that you don't need anyone to advice you or to treat you. Essentially, you don't even need me to explain it all top you, because I have already written that.

But, well, now we're here, and I have chosen this blog as the only advertising vehicle for the book appreciating the reality in which I live. Anything on the market,

and *Geometry* is on the market, cannot find its consumer without advertising. Appreciating the market (you have to appreciate reality), this blog is the only "advertisement", and I think it is fully consistent with the vital principles which I am advocating. Bus let me go back to my theme.

The basic thing I want you to understand is the DIFFERENCE BETWEEN POSITIVE AND NEGATIVE ENERGY, and I also want you to learn to DISTINGUISH these two energies with your mind and your body, to learn to FEEL THE DIFFERENCE.

This is why I am explaining concepts, principles and experiences. They serve to help you understand. Not to convince you or to force you to believe me. You need to understand my attitude, and that is important.

Judging by what you write, I think you're doing fine on that road. You are not many, but you're heroes. The others would probably have nothing to add and are pleased with the way you "represent" them. Our discussion is very focused, we all understand what the others are talking about and that is why there are not many comments. It's not difficult to be concentrated and focused when you understand, is it?

I set off to answer the question about what to do when you are surrounded by many people, in situations where there is really a lot of negative energy because as a rule all the people are more or less negative. And look at what an introduction I've made. Since I have long wanted to tell what I am writing today, let's call this post an introduction to the "negative crowd" theme which I'm going to describe in the next article.

Stay alive and kicking!

September 14, 2007 19:46:43 | Unregistered user []

And what to do if you're a shrink spinning chakras? With people coming to you, miserable and sniveling, blaming others for their misery. And they believe that your job is to listen carefully as they present their negative thoughts resulting in negative feelings (as if other feelings were involved). They leave you nimble as little butterflies (they palmed off all their problems on you), and you stay behind totally drained and de-energized. And they even expect you to resolve their problems (that's included in your job specification!) while they fight tooth and nail against their personal involvement in embellishing their lives. But then you discover the MERRY MAGIC and protect yourself from such vampires. And while you're spinning your chakras your client will also, maybe, spin his own in the positive direction and create a solution for his problem. And if that does not happen, you openly say that you work only with people who think and talk about

ways of helping themselves without jeopardizing the needs of others. In other words – with those that assume responsibility for the quality of their life. And you can also recommend your book to them.

September 14, 2007 20:37:34 | mindpositive

Hey, shrink, I couldn't have said it better. And I know you have a tough time, like all doctors. Develop your profession in a new direction. If I have given you an inspiration, that's what I wanted. Are you a psychiatrist, or are you just identifying with one?

September 15, 2007 23:27:27 | Unregistered user []

I am not a psychiatrist. I am a psychologist. But people often equate one with the other. Although the difference is drasssssstic! I think that is precisely in the domain of RESPONSIBILITY that they teach doctors (and psychiatrists as well, probably) that they are responsible for the patient's treatment/healing. And psychologists only support the client in his active search for improvement. (The concept "client" implies that the participants in discussion are equal). Therefore, the client is responsible for the change of behavior, that is, for the solution of the problem. What is important is the identification of the problem and of the owner of the problem. Because a specific problem can only be solved by its owner. Here we often come up resistance because people would so much prefer not to have to do anything and have somebody else deal with their problem. In a nutshell, the ultimate objective is to make the client understand that every human behavior has a purpose – and that certain forms of behavior lead to the achievement of the desired objectives whereas others do not. The client then distinguishes, by self-evaluation, the efficient and the inefficient forms of behavior and this enables him, in the future, to choose successful forms of action (and create new ones). And all that with emphasis on not imperiling others (vampiring forbidden!). If you then add the energy level oriented in the right direction – the man has a good "tool" for good life forever. The choice of direction is up to us.

September 16, 2007 12:41:03 | [Oak]

That's it. Find one's own way and become aware of oneself and one's problem. You only have to "lift" yourself in order to observe yourself from a bird's eye view. And for that we don't need spiritual leaders or therapists, we have to take care of that ourselves. Of course, with their help if it is required (truth to say, more or less all of us need an initial impulse because of our complicated life), but ultimately it turns out that we are dealing ourselves with our life. I have understood the point of your involvement, Serena – that is, that you are showing us how to find and grasp the fishing rod and not "sticking" the fish into our mouth. The latter would be easier, but it would not resolve anything. Nice regards, Oak

September 17, 2007 23:06:39 | unbeliever

Some time ago I started attending therapy with a lady shrink. I think it was more curiosity than actual belief in the result. And after five-six sessions I see that we are not getting anywhere. We keep returning to my childhood, as if I am going to resolve a personal problem by remembering exactly how I felt forty-odd years ago when my stepmother told me that and that ... fuck it, I don't remember what I felt let alone what she told me.

And then casually, out of any connection with the foregoing, I met the daughter of the shrink at a meeting. She had renounced her mother a long time ago because of many psychological problems in the family. Analyze that!

September 27,2007, 18:47:03 | mindpositive

Without knowledge of energy psychology is ill-founded, descriptive and fails to understand the causes, and your example is a case in point. We are not saying, therefore, that shrinks don't

work properly, but that they are themselves helpless, too. As stated nicely by our shrink/blogger in the first comment under this article – the understanding of energy as explained by *Geometry of the Divine Spark* has given psychology both a foundation and wings.

23.

Wednesday, September 19, 2007

The negative crowd

Here's the answer about whether it is unfavorable for an energy positive person to be in places with many people around. The question is raised in line with the logical sequence that a) almost all the people are more or less energy negative (correct!) and, when there are many of them the negativity is approximately a "sum total" of all individual negativities (incorrect!), and that then means a lot of negativity to be borne; b) where the are many negative guys there are also many possibilities for the positive guy to be drained because he is a more attractive target than the others.

Actually, the question was whether an energy positive person had better avoid gatherings. I will not give you a straight answer because you have to judge for yourself, and I'll help you with a more detailed analysis of the possible variants of the situation.

Although it is true that an energy positive person is an attractive "mouthful" for those suffering from an energy deficit, the logic of the question is correct as concerns assumption a), but incorrect in b) only under certain conditions.

Places where many people assemble can include cultural and sports events, weddings, funerals, religious meetings, political rallies, scientific meetings, beaches, city squares...

Let's take our a) and b) assumptions to high degrees of magnitude: the whole city is mainly energy negative (correct)... people on the whole Planet are almost all energy negative (correct) = positive guys have no chance (incorrect). Take me for an example: I am still alive, chipper and cheerful (though even now some negative guys try to "drain" me), and you, too, who follow this blog and apply the "merry magic" feel better all the time. This piece of information already shows that a) is correct to a very small extent because, in spite of problems with negative guys, we progress and are increasingly positive, and yet we are few in relation to the rest of the world.

So, individual negativities in a heap have not become, for us, a sky-high sum total. Why? Because a vampire relation is always a personal relation, and this also holds true for almost all relations within a smaller or greater group of people. And very rarely for the relation between an individual on the one hand and a crowd on the other.

In energy terms, the crowd around us is an immense frequency noise, a terrific number of frequencies, which generally will not touch us if the crowd is formless and disorganized, such as on a city square or a beach. They can even be used as a provisional shelter when we are intensively "chased" by a member of our family who plays a vampire role in his relation to us. That is, our family vampires can find us at any distance, but their job will be much easier when we are alone on a mountain than amidst an unknown crowd. Because of this multitude of frequencies – noise, static as on the radio – it's difficult to find a specific station.

For the analysis of assumption a) we shall repeat what has already been said in the book regarding the nature of energy and energy processes. A vampire can fleece the victim's energy almost always because he has the victim's assent. The assent occurs at the level of behavior and at the level of the psyche, of attitudes. Let us also remember that these are – in the vampire and the victim alike – unconscious processes, although generally recognizable at the level of the psyche/character and behavior.

A seemingly trivial example: your neighbor on the same floor plagues you for half an hour with a story about the son-in-law of a fifth floor neighbor, who had a traffic accident and suffers anyway from cancer. Poor fellow, gripes she. You can't even remember the fifth floor neighbor and never heard about her son-in-law. But you listen to her babbling because you don't know how to interrupt her, afraid that you might turn out to be rude. The woman is your next door neighbor and always ready to help when you need anything, so how can you interrupt her?

The result – the neighbor has totally exhausted your energy, and you nevertheless think one ought to be polite. That's assent. You agreed to be plagued and, at the energy level, to be robbed of your energy. Not at all trivial.
Another example, so frequent, requiring only a little sympathy from you, and you give it. You're waiting for something, somewhere, anywhere. An elderly woman (that may also be a man) by your side begins to tell about an event in her life. It will never be a joke or a cheerful comment on, for example, "they really did a nice redecorating job on this waiting room, it's much lighter and the chairs are more

comfortable". The old lady will always speak about her complaints or about inconsiderate people have become or how she hardly manages to make two ends meet. You are not really interested, and she bores the pants off you. You don't know her at all, but you are considerate. And stupid, as I already said, because the lady (or gentleman) have almost certainly snatched your energy. What was your good deed? You heard the nice lady out, at least you could do that... What did she get (except energy, and you didn't need to do that)? She got nothing. Did she resolve any problem by presenting it to a stranger? Why should she feel better because she has given an account of her foolish life to a stranger? Such encounters also happen at meetings, and with your indulgence you permit strangers or casual acquaintances to steal your energy. You give it to them. Very often these nice people, who easily strike up an easy rapport at meetings, have trained themselves for the "job". They are not there by chance, they are regular participants at all kinds of meetings, they find "positive motivations", that can also be a charitable mission, they move around, mingle and gather energy.

What to do? Quickly raise awareness of the first reaction to the person in question. If you feel you don't want that irrelevant meeting, visualize "step 1" fast and give the person a "fuzzy" look as if you didn't understand what he is talking about. If the person does not leave within two seconds, mutter something like "sorry, I am in a hurry", and leave. Resolved. (Note: if I had written this two years later, I would have said – put a "black sheet" on that person or, if you are part of a larger group in a circle, say, at a table at a wedding, put the "black sheet" on the entire group).

Let us repeat: in most cases an energy transaction of the vampire type is the result of the relation between two persons and not of mere presence, and it also takes your assent to be stolen. The relation can also be very brief and apparently very accidental (it is not accidental because the vampire has an "infrared guidance system" to the person whose energy can be snatched most easily).

There are in the world truly real vampires that don't need even a minimum human contact which could be interpreted – as in the two previous cases of nonchalant unconsciousness and unbearable lightness of vampire existence – as assent to robbery. Such people only look at you for a somewhat longer time, and you're knocked into shape. But there are really few people like that in the world. In a crowd chances of your running into them are higher, but that is negligible.

And now the time factor. In addition to the personal relation as a condition for vampiring – as, in the two described examples, where you gave someone assent to steal your energy – the length of stay next to a person can also play a role. Not

always, but when you are motionless next to an active vampire for an hour or two. Next to an unknown active vampire. (Sure, of course, next to a known one as well, but we know that already). For example, in a movie-house or at a concert or mass. At the time you did not agree to the robbery of your energy by a person because you did not even look at him. However, the active vampire was long present near you, motionless, he had time to feel the situation and got to work. You only noticed that when you got out of the movie house frozen. Of course, you don't have the faintest idea why you froze in that comfortably heated movie house.

Conclusion: if you are in a disorganized crowd (promenade, skating rink, city square, restaurant), if you didn't permit casual acquaintances to tell you their nonsense, and especially if you had the opportunity to move in space (and are not sitting motionless surrounded by same persons all the time), you will not suffer and harm if you pulse with positive energy.

After all, you can always do just "step 1" from the "merry magic", and you will become uninteresting for a passing-by vampire.

Moreover, all the situations we have described are situations that happen to you in your transition period, when your positive energy is still unstable, the frequencies not very high, and your style of behavior and relating to people is still based on old habits, patterns and bad considerations.

Transition is not really such a short period and its duration depends on many things, and we'd better know the most frequent mistakes we are then inclined to make. All that in order to have the fewest possible energy falls which slow down stabilization and the growth of positive frequency, and primarily to make them as short as possible.

Let me repeat – energy falls are unavoidable until we clear all negative frequencies "cocooned" in our energy field, or mainly active if we are an active vampire. As we get older and our life becomes more messy, the number of these negative frequencies in our field increases. They are present in our diseases, physical and mental pain, wrinkles, dissatisfactions...

Whenever we feel we are vibrating with a negative energy, a "historical" negativity is set in motion and reinforced, if you let it go. The fact that it is in motion is good because you know it's there and that you should do the "merry magic" more often. Don't let it get into stride and get stronger because that would mean two steps backward, and after that you need at least three steps forward in order to achieve a

positive balance of the situation. Therefore, you need to repeat “step 1” (the “black sheet”, i.e., “the press”) several times, every five-ten minutes, until negative vibration subsides. You must assess yourself and feel how long you need to do that, and then start activating chakras again. All this assuming that you have learned to distinguish yourself when you vibrate negatively and yourself with a positive balance.

After this analysis, think about whether “being popular in society” is a desirable property as people believe most frequently, and as young people are mainly convinced.

Stay alive and kicking!

September 20, 2007 12:43:53 | [Sungirl]
Dear Serena, thanks for everything. I feel and I observe. Currently I am in the “purification” period, although on the surface it just looks like a strong cold. I think that I am also to be blamed for the many negativities affecting me. I am very sensitive, delicate and gentle, and that probably led to my giving my energy away to everybody. I don’t understand how this love relationship, the suffering after the break and the negativity (sadness, suffering) fit into all this, and how to get rid of it. Generally speaking, suffering in love has always tormented me, and now I’m interested in how to get rid of that, finally. I have noticed that I attract positive people and situations. They tell me I radiate. Thank you :-)
September 27, 2007 19:03:50 | mindpositive
Sungirl, when the time comes for the post on love relationships, we’ll settle this topic more thoroughly. For the time, think about this: love suffering and sadness appear mainly because we lost the source of energy. And that means we were a vampire to that person. Furthermore, this means that we shall deal with this distress, and all others, with energy independence, i.e., by spinning chakras clockwise.
September 26, 2007 18:13:04 | [Humptydumptygirl]
Dear Serena, thanks, thanks!!! I have sailed for fifteen years over the waters they call “spirituality”, but now everything is coming round and I am slooooooowly beginning to understand things thanks to your book... I’m so happy and thanks again ... I feel the need to do the merry magic after almost every telephone conversation. Have I set my mind on it? To be sure, I am surrounded by very many “spiritual people”, and only now I am aware of so much fear and negativity in all of us. And in me, of course... all those books did not have an effect as yours and I’m saying that without any “toadying” because I can now devote myself to proper work... and sing that song about getting negative thoughts out of my system... a positive vibe is taking over all my tissues.... yeah.... ciao
September 27, 2007 19:27:55 | mindpositive
Whoever has any previous insight in the domain of knowledge covered in my book generally understands my theses more easily and faster. Off-hand, let me take your example and the shrink’s example. We shall not overdo it by frequent repetition of the “merry magic”. We surely do it because the situation requires that. In this way the positive energy, as it overwhelms us,

takes us away from the possible imagining of danger and paranoid reactions. If we have such inclinations or habits at the very beginning of the positive process, they will thaw with practicing the “merry magic”. Therefore, if we still imagine dangers, positive energy will again remove them in time because positive energy strengthens our foundations in reality. Reality as it exists, we have to respect it and then take an adequate position. Thus, with “merry magic” we can never err regardless of the initial motives because of this we started to practice it.

September 27, 2007 11:40:56 | [Unregistered user]

Serena, why are you writing under a pen-name? Kris

September 27, 2007 19:17:36 | mindpositive

I have so decided, Kris, because of the following:

1. I want my readers to think about and judge what I’m writing exclusively on the basis of the text and the arguments provided. I didn’t want them to judge the author but the theory, I didn’t want them to judge burdened by the authority of my profession, social status or name (or lack thereof). It is quite well known that we are more easily convinced by authorities rather than by non-authorities. Sometimes this makes sense, sometimes it doesn’t. My theses deserve your judgment only on their own merits and not on any other merit.
2. I have mercilessly analyzed many people in my family and I don’t want them to be an object of negative attention – that is the minimum correctness I owe them.
3. I still want my privacy and my peace. When meeting my neighbors and my family I still talk about growing flowers and cake recipes. I don’t want that circle of people to ask me how they can resolve their problems. They need to learn that themselves by reading my book. Many of them would certainly decline to read it, but maybe they would like to get an instant advice. I have already said that there are no teachers, and there cannot be any. After the energy-related and psychological knowledge I have presented. But, you need to have knowledge and books are the best way to get it.

September 30, 2007 18:18:49 | [Humptydumptygirl]

I read the book and convened the family meeting... and I said: well, things are like that... come on, folks, let’ all try... and they sad: OK!! And so we stand, the four of us (myself, my husband and two daughters) and spin the chakras... and then the younger kid says: imagine someone seeing us, we look like lunatics... but we spun, spun... the older one immediately got a fever., her throat aches... I spun for a fortnight, my tummy freaks out, never mind, I know it’s full of fear, worry and anger, so I keep spinning in order to get it all out...

September 30, 2007 19:03:16 | mindpositive

My dear Humptydumptygirl, you’re the real thing. That’s all I can say. You’re my first example of a whole family (“looking like lunatics”), and tell me if you have anything to report, I’ll find it interesting, too.

September 30, 2007 18:32:13 | [Old Sun]

Humptydumptygirl, congratulations to you and to your family for wanting to work on themselves. That’s a brilliant success. I wish my folks were like that. Regards!

September 30, 2007 22:25:08 | [Old Sun]

Dear Serena, I have to boast of a small success! Before I never managed, but of late I can spin the chakras while I read texts on my computer. I don’t have to stop my work at the office, I just read and spin and read and spin... Nice regards, Old Sun

October 1, 2007 16:01:04 | mindpositive

Old Sun – when you raised your frequency (you have more energy) you can concentrate on two

things at once. With this knowledge from *Geometry…* energy has become a new level of existence/communication. At that level movement is light and natural when we know the patterns of energy and practice it. Therefore, practice even the small skills from your comment.

October 2, 2007 11:33:49 | [Unregistered user]

Serena I feel anger on your side, and that's not positive energy :-) I only claim that you are mistakenly routing people, in this exercise, to spin chakras in the totally opposite direction. No wonder, then, that people feel quite a few negative manifestations and must stop doing those exercises. The exercises are supposed to act positively and strengthen people, and not make them feel worse. I'm sorry, but something is obviously wrong about that exercise and spin you are describing. I think I have nevertheless stopped reading the book, and you needn't be afraid, I shall not comment anything any more in order to avoid "spoiling" your blog. Regards, Nina

October 2, 2007 12:17:53 | mindpositive

There, I've lost another reader.

I think that Nina's doubt about the direction of chakra spin, i.e., about the characterization of the positive and negative sign, doesn't deserve any comment because I have explained that throughout the book, and in her last sentence I see she didn't read the book to the end. I really "admire" the people willing to strongly oppose my book without having read it. For the rest of the audience, let me nevertheless explain one detail: when I oppose anybody, I back that with arguments, often more or less ironically, depending on how unfounded or rash the other side was. (Usually such commentators did not read the book but only a post or two on the blog). Don't confuse my irony with anger. Just as my constant readers probably feel, I have fun when a passionate opponent gets into my comments. Then, there have been some comments about my negative attitude about something (specifically about Reiki) conditioned by my negative experience with that phenomenon. Experience has a place in one's considerations, but that never means that someone has hurt me and now, supposedly, I am distressed about it. As you know, in the whole book I was guided by "WHY has something happened?" And when I understand the reasons and the principles BEHIND an experience (in its hidden foundation), then I form an attitude. Therefore, I am a THINKING person and not just a person suffering because of life's setbacks and screaming around in her helplessness. All that is also reflected in my comments as well as in my book. If malevolent people could understand anything at all, they could easily see that in everything I'm writing about.

24.

Monday, October 1, 2007

Apathy

As you have progressed quite nicely with positive energy, and once you have got rid of the worst physical discomforts (or significantly reduced their number and alleviated them) – headaches, colds (sinus inflammation, sore throat, bronchial, kidney, bladder inflammation), infections (of the skin, sexual organs), you have understood certain things you couldn't grasp for a long time... you would like to

relax and enjoy life. Not that you needn't, but experience has shown that negative energy boils out of us like milk from the pot.

There is a mishap that will occur off and on, and even more frequently, and it is not easily observable – APATHY. It sets in slowly, imperceptibly. Just as fog in the night. You just slowly sink into it. Just slowly and imperceptibly. Before you were quite familiar with it but now, as you are activating positive energy, here it is again. But why now?

Today I'll deal with the accounts and the documents. Never mind, I can do that tomorrow as well. I'll put the summer clothes in the wardrobe... but I can also do it tomorrow. I'll bake biscuits, haven't done so a long time... but I can do it tomorrow. And you start doing just the most needed things, and relegate all the rest to "tomorrow". You are mainly in front of the TV set, and fall asleep halfway through the show. In several days you are so dulled that you DO NOT REMEMBER TO THINK. You have sunk so softly that you don't even think of surfacing and inhaling.

When you were sick or sore, you knew that negative energy was fussing about you, you did the "merry magic" more often, you dealt with the problem. You almost didn't feel apathy because you were – apathetic. You are not apathetic because you are tired. We find fatigue a justified reason for many things. Wrong, now that you have crossed to the positive "side of the street". As your energy becomes more and more positive, you are tired less frequently or, more precisely, you optimally control your energy, work as much as necessary, and rest when and how long you need it, everything spontaneously. But, while you are in the "purgatory", and that means – until you have erased most of the negative frequencies – fatigue is a sign that you need to stop negative energy because it has overpowered you.

That is why I am now drawing your attention to the following: become aware right away when you have started to postpone your plans because that is a sign that you have allowed someone to lightly "sit on your brain". Most important of all, you must identify him, and can practice "merry magic" more frequently, especially, of course, "step 1" in any variant. No sleep in the afternoon – no way! – and don't sleep too much at night either, seven to eight hours is enough. In the evening don't go to sleep if you feel drowsy early . Drive drowsiness away with "merry magic", and when you wake up and eat an apple or yogurt, go to sleep then. When you wake up, go to sleep – have I made a mistake? No, I have not. Anyway, you'll fall asleep right away, but you'll reduce the opportunity of being totally "fleeced", and then you would not be able to wake up in the morning even if they poured cold water on

you.

Apathy is the introduction to depressive conditions. In energy terms, this is a condition where someone steals your mental energy and then, consequentially, physical energy (which has a lower frequency) as well. The degree of this problem is higher than that of physical discomforts. It can be resolved, of course, like all other problems, with "merry magic" and your decision to UNDERSTAND the problem you are solving. Just be aware of the problem and pay attention. Understanding usually comes as insight, and a "a light goes on in your head" in a moment. No point to press any speculation. The decision will do: "I want to understand that". Plus energy work, of course.

A poor, and the only known solution for such a situation is to force yourself, by will-power, to do nevertheless what you intended to do. In a state of apathy we are indeed without energy. If we press for action without activating positive energy we shall necessarily STEAL THE REQUIRED ENERGY FROM SOMEONE. There is no other way. We shall do our assignments, and actually we have thereby created a much greater problem. We started to resolve problems by vampirism, and started (or continued) to steal energy.

Conversely, you will see, after you have solved apathy by "merry magic" and activated your own production of energy, that you will suddenly feel the will to complete all the work in the world and accomplish everything with ease. You will really FEEL LIKE IT. Raise awareness of this condition as well, learn to recognize it, and only then move heaven and earth. Willingly and easily. Everything else is vampirism, pressing the issue at somebody else's expense.

All "merry magic" notwithstanding, it may take even several days to get rid of apathy. Behind it there lurk major problems and it takes energy and time to "process" and annul them by positive energy. This is why you again suffer episodes of apathy although you are doing the "merry magic". The body, especially the nervous system", requires rest for recovery. Unlike the ordinary depressive apathy you knew before *Geometry…*, this new apathy will be distinguished less and less by dark depressive thoughts. They will soon disappear completely, and you will still fell apathy occasionally, as I said, because you use all your strength/energy for recovery, primarily nerve recovery, and then for the recovery of all the other body structures and systems. I'm drawing attention to this so that you need not worry. Of course, this means that you need to stop negative energy regularly, that's most important, and activate your chakras if and when you feel you can. Now, fatigue will last even a couple of days, followed by liveliness, and again fatigue...

Unlike pain. After stopping negative energy ("step 1", the "black sheet", and the "press" as the most efficient), pain ought to stop within several minutes – let that be ten minutes for beginners. If it doesn't stop, you did not stop the negative energy. Surely not. So, try again. You probably need to find another candidate for the "press", because very often several persons endeavor to vampire us and need to be identified as quickly as possible (and, as you can imagine, there is a reason for that) and action - the "BS" or the "press" – taken against them. Pain in a part of the body will stop in a few minutes, but will occur again several times during the day. This is normal because you can't erase this specific negative energy at once, primarily because it has created a cramp in the body, and matter asks for time to recover. Thus, several years are required in order to completely avoid mild pain in the spine before a degenerative growth has developed. But, on the other hand, that part of the body will heal completely. Moreover, you will start to feel light pain in spots where you had never felt pain. That is also normal because you feel the relaxation of the cramped tissue as mild pain. Under the influence of negative energy you have tightened the nerves in that spot so hard that you didn't feel pain there. And that something would literally break there, pain would be diagnosed there, and that would hurt like hell. Under the influence of positive energy you start to heal the painful spots much before any illness. After you begin to practice "merry magic", new pain is a sign that the spot is stiff, tight, there is no circulation, and all those are conditions for a true, medically diagnosed illness one ugly day. Which will not happen to you.

If pain develops to the point of inflammation or a similar condition requiring a visit to the doctor, that only means that you still lack the proper skill for the "merry magic". Keep practicing. Every skill requires learning and drilling. Practicing the sensing of one's energy conditions and energy control is a superlative skill. If you haven't imbibed it with your mothers' milk, it takes time and drilling to master it.

This chapter is very important. Most people will struggle for a long time with various dilemmas regarding apathy, i.e., until they understand everything I've written here, until they learn to sense, until they succeed to notice well these rather subtle nuances. It's not easy to switch over from negative to positive energy while being completely surrounded by people that are still negative. But, let me think, if I could why couldn't you? So, once again – patience, perseverance, drill, discipline – all things distinguishing successful people. So far there have been few successful examples, especially where good, positive and honest things are concerned. Now everyone can be successful in everything. But, first of all you must become positive.

Stay alive and kicking!

October 2, 2007 159:29:12 | [Sungirl]
I only now understood that the most frequent excuse in our everyday life is I DON'T FEEL LIKE TI. We keep saying that, me and my friends. I DON'T FEEL LIKE IT.
So, the negative e. is in question?
Thanks. Hi
October 2, 2007 17:03:57 mindpositive
Right, Sungirl. Renew your energy and the "I feel like it", talking-to and moralizing are of no use, either to you or to others. And especially not to children and students, where the problem is most obvious. Take care of your energy and apathy will go away.
October 3, 2007 16:28:02 | [Humptydumptygirl]
I think that psychological cleansing comes after physical cleansing, that chakras have to spin a longer time, and that you somehow grow stronger, and when it's time for cleansing you're ready for it and can go through, and yet that is not the same for everyone, some people need two months, others six ... that's what I think, but I'm waiting for Serena's answer, and we'll see then... ciao
October 3, 2007 20:48:48 | mindpositive
Mainly true, Humptydumpty girl. Yet, I must add a small correction. Let us first explain the bond between the mental and the physical: every physical discomfort is inscribed in some part of the body as a cramp. Simple cramps are released first – mental/physical ones in pairs. These releases also deal with your material problems, problems on your job and physical discomforts. Then, later, come the problems from childhood, ever earlier. And then, perhaps, karmic problems. Maybe, because I'm not so sure about it so far. But Humpty's words are absolutely true: "...that chakras have to spin a longer time, and that you somehow grow stronger, and when it's time for cleansing you're ready for it and can go through, and yet that is not the same for everyone, some people need two months, others six..."
October 4, 2007 22:08:18 | mindpositive
I haven't studied the application of the effects of positive energy on across-the-board mentally unstable persons. "Merry magic" always includes a CONSCIOUS DECISION based on reading *Geometry*…, i.e., <u>on the complete information on the subject of decision.</u>
My study and observation of the action of positive energy has so far been limited to people without a mentally pathological diagnosis. That is, to average people. This refers to most people, and that is why they are the most important.

I am also sure about the good action of positive energy on people with a mental diagnosis. Most of them are capable of reading and understanding *Geometry*... and, therefore, of deciding whether they are going to apply it or not. I am not familiar with the application of "merry magic" in such cases in phenomenological terms. It could easily be turbulent and such people could need a psychotherapist near-by, one possibly familiar with *Geometry*... (probably not necessarily).
(Note: a later experience with a reader showed that people with a severe mental diagnosis cannot deal with their problems independently with positive energy. They need the professional help of a therapist.)

25.

Sunday, October 7, 2007

COWARDICE IS LACK OF ENERGY

Line jumping in the waiting room

A waiting room, a small anteroom with patients' records. The door between the waiting room and the anteroom is always open. From the anteroom, left, the general practitioner, on the right the nurse.

I enter the waiting room and ask, politely: "Who's before me?" You can't ask "who is the last?" because some wisecracker will always smilingly reply "you're the last" (the health service apparently cannot afford a "sophisticated" automatic queue management unit).

And so we wait. The next patient to see the doctor gets up as soon as his predecessor is under way to the nurse, so as to make it clear that he's next. Even more important, he stands guard against line jumpers. Unwritten rule for the doctor's waiting room.

And here comes the line jumper. An elderly guy, close to seventy, but evidently alive and kicking, slips past the guard and stops in front of the nurse's room. I wait to see whether the guard will say anything, but he holds his tongue. You can't kick against the pricks, thinks the guard, obviously avoiding any fray. He probably thought that he had completed playing his role by standing in front of the door (lesson – don't do anything halfway). Moreover, the 'guard' is a younger man and may be respecting the line jumper's years. I am not that young, and I don't respect line jumpers, whatever their age. I stand up and ask – loud and clear for everyone to hear – the line jumper why he is standing there when it is not his turn. The old guy starts to fumble that he was here this morning, that he's in a hurry, that he has no time...

"Sir, if you're in a hurry more than the rest of us, tell us loud and clear. We show consideration for special situations and for those who are more in a hurry than we are. If you are not well, we have sympathy for that, too. If you were here before and only continue your examination, we'll support that as well. But you have to tell us and observe good manners. You can't just rush ahead of us without saying a word. At your age you should have learned how to behave. We who wait here in an orderly manner are no fools."

I stop and just wait. The others look at me with silent approval. Nobody says anything. The old guy squirms. He says nothing, just moves to the other end of the waiting room to wait for his turn.

Never, but really never allow anyone to jump the line ahead of you, however unimportant the case may be. First, because insolence is never unimportant and harmless, second, because you are training self-defense against serious line jumps.

When you are energy-positive, reactions like mine are not strenuous and don't make you nervous. Someone should have told the old guy how to behave a long time ago (because his mother obviously taught him the wrong manners). Obviously nobody taught him proper manners three hundred times, and there is your cocky old dude. If he had heard it three times the idea would never have entered his head. We are all connected. If the majority keeps giving in, rogues take advantage of our weakness. Why are we surprised by rogues? Our passive attitude has opened up space for their roguery. Because "my" old dude is basically dishonest. That's no small matter. People are faced with such situations by passively suffering, and there is nothing accidental about it. One must have energy for the battle. I hope that you have once again understood the importance of positive energy and its link with our actions.

Let me quote again:

"... The little man thinks that small charities are unimportant, and does not do them; he thinks that small crimes are unimportant, and does not refrain from them.

Thus, his evildoing accumulates until he can no longer conceal it, and his guilt increases until it becomes unforgivable."

(Tao Te Ching)

Stay alive and kicking!

October 8, 2007 14:07:42 | lightdarkness
A very good text, how many times we behave cowardly, regards
October 8, 2007 22:08:00 | mindpositive
Lightdarkness, I'm glad you recognize the importance of the problem. Let me add that we behave cowardly exclusively because we don't have enough energy, more precisely POSITIVE ENERGY. Behavior in line with moral attitudes needs positive energy. When we cannot behave as morally as we would like, we create a sense of guilt which takes away more energy.

In this way, every occasion shows that we need to create our own POSITIVE ENERGY,

October 9, 2007 16:47:39 [S.]

And, my dear Serena, why did you go to the doctor?

You're no ill, are you? I thought you had positive energy?

October 9, 2007 18:04:07 | mindpositive

S., the nasty and malevolent tone of your comment does not deserve an answer. Nevertheless, I'll answer, of course, because of the other readers, and to my own delight. As you all know, in the book I recommend visiting the doctor when that's called for, and the same regards seeing the psychotherapist. On that occasion we cooperate with the doctor with our positive energy (more details in the book). As far as my visits to the doctor are concerned, I regularly go there for gynecological examinations, breast examination, blood counts, dental checks. I am not a fanatic but continuously check my theses and monitor the results of my work in an exact, classic medical way. Thanks for (not) asking, I am in perfect health. A subjective feeling backed by medical diagnoses. Why, S., do you read things you don't like? Read something that delights you, even love novels off the news-stand. No regards, just as you in your comment. And I won't lie to you, as you did, with that "dear". You're not dear to me.

October 10, 2007 10:01:01 | [Hope] I read the book. And recommended it to my friends. I recognized myself among those suckers. Now I have been practicing for about a dozen days. Because of my children. I don't want them to have with me a relation such as mine with my mother ('my grand master'). I hope I'll hold out because she fights in all possible ways (blackmail, tears, high blood pressure, calling every day...).

October 10, 200720:41:11 | mindpositive

Hope, your mom will be a problem. But you will be increasingly creative and find a way to deal with that. "Cut", crack jokes, but control the situation.

Let me know if you notice improvements in your children, and ask questions, of course, if any. I think nobody has commented on situations with small children.

October 9, 2007 23:52:14 | [???]

Question: how does positive influence affect the ego?

After analyzing your responses on this blog I consider that as your positive energy grows so does your ego in the undesirable direction, and you say yourself that your energy is ten to who knows what power. Time to ask yourself a question.

Regards

October 10, 2007 0.53:11 | mindpositive

???, your warning sound like a raised forefinger, "careful!!!" says it. I neglect that and quote your question: "How does positive energy affect the ego?" The question is not very significant because, as indirectly shown on many pages of the book, a person with positive energy is harmonious and natural, in mind and body, and that means that he/she has no ego, as you interpret it – with no reason – in an exclusively negative sense, but has a healthy personality and has the guts to communicate with people in a reasonable and well-argued way, advocating what is essential to him/her, and modest at the same time. Since you have not seen this clearly from the whole book, the foregoing sentence is of no use to you. But here's the answer to your whole comment:

1. Why don't you check that yourself? Activate positive energy and observe.
2. I measured the frequency of my energy. And observed what happens with behavior, intelligence, physical and mental health, the way other people relate to me...

and many other things (you would have noticed it if you had read the book – or you had read it twice). My high frequency is a fact. I don't feel ego-swollen because of that.

Of course, I understand that your question does not arise from the frames of reference of positive energy; instead, you are suggesting that my ego is swollen and that, according to you, would challenge my theses. As you said, you asked this question after analyzing my responses. Have you read the book?

Your observation and your understanding are poor, although you analyzed. When some people reputedly contradict me without having ever read the book but just a few articles, they are simply rude. Their words gush from their mechanically learned biases and half-truths which they have picked up unsystematically without understanding anything. In most cases they turn up after posts in which I present life stories. Then they recognize themselves in a negative character and get vitriolic in their comment. While I write in more abstract terms, they don't come up, but when they recognize themselves in examples – up comes the dragon. Then I sprinkle the dragon with sarcasm. I'm not going to coddle him, am I? That has nothing to do with ego. You obviously don't understand that. I noticed that some people who read self-help literature learned there how to abuse the concept of ego so that, when they lack arguments to oppose somebody's (argument-supported) criticism of any kind, they "slap" whoever has dared to claim something by resolutely asserting that his/her "ego is swollen". That way they conceal the absence of their own arguments and, at the same time, force silence and obedience upon others upon others as the supreme ideal of "spiritual" development. A typical vampire manipulation.

Next time, when somebody wants to raise a question, let him do it after he has read the book (i.e., all the posts, one after the other, starting with the first). That way the comments have a greater chance of being meaningful, whether they are critical or not. As for the others, those that ask me silly malicious questions after reading a couple of posts – I'll continue to hold them up to ridicule, whether they understand it or not. Because they are superficial, stupid and malicious.

This comment, ???, has nothing to do with ego either. I am just showing how to be honest, reasonable, well-argued, and how not to give in to negative energy.

October 11, 2007 13:41:02 | [Igi]

The book has been read, and chakras have already been spinning for 1-2 weeks. As regards comments and the rest (e.g., caution when spinning chakras and doing the merry magic), I think that everybody should be his/her own standard. Very simply, if you like the techniques described in the book and see that they help you, apply them, if the answer is negative, you don't apply them and that's that. Now, as to the question whether Serena's objective is selling the book, of course it is. The woman has spent so many years of her life on researching things that are really too good, and she would really be selfish if she kept that knowledge (perception) to herself or her kin. At any rate, thanks for the book and keep on... :)

October 11, 2007 13:51:37 | [Igi]

Since I have a 14-month girl, some observations after about a fortnight of activating and spinning chakras clockwise. The little one falls asleep much more easily and quickly when I put her to sleep, and the same happens with feeding. When she does not obey mother, daddy takes the spoon and the kid eats everything without much ado. We also agree much more easily on certain things of the YES and NO type. Although she does not yet speak, she understands very well whatever she's told. Although she did that before as well, I did not pay attention to these small points as I do now. And, just for the end, when I'm at home the kid just clings to my feet like a

cat... sometimes that can almost be a nuisance, but these are sweet worries... Nice regards!

October 11, 2007 | mindpositive

Igi, does your wife do the “merry magic”? I think I have nothing to add to your observation. Thanks really for the report.

October 11, 2007 15:18:06 | [Igi]

Unfortunately, my wife does not do the merry magic. But she had the opportunity to read the book and hear all my warm recommendations of it. Otherwise, my previous experience regarding recommendations on certain “alternative things”, to call them that way, taught me to be restrained and careful (also with respect to my family). As the old proverb says, there is a time and place for everything. And everybody shapes his own destiny, good or bad. :) Regards

October 12, 2007 9:05:28 [Spark]

Serena, I feel the consequences of somebody’s action, but with a delay of a dozen hours, e.g., a severe, intensive headache (subsequently I discover that something essential and negative happened in the vicinity). Can one feel that with a such a long time delay or am I interpreting things the wrong way? This happens rarely, once in two months. Regards
(momentarily a little depressed) Spark

October 12, 2007 9:29:04 | mindpositive

Spark, you are interpreting things properly and observing properly. You link events around you with your psychophysical condition. A twelve hour delay before the start of your headache happens because you are not yet capable of recognizing the first nuances of negativity and respond right away with a more frequent “merry magic”. During this time delay the small pricking in your head and a slight dizziness (which you do not register) develop into a stronger headache. Momentarily things cannot be different because sensibility develops along with positive energy. On the other hand, you can’t avoid this headache because it is also a sign of purification, of invalidation of negative frequencies. Of course, if you do the “merry magic” fairly regularly and do not let the aroused (until then dormant, frozen) negative frequency to prevail and grow stronger. The occurrence of a stronger headache every two months is a tolerable interval, I suppose. Not “terrible”, I would say.

“Momentarily a little depressed” is more or less the condition of apathy about which I also wrote recently. In addition to the “merry magic”, discipline your thoughts gently: when you notice negative thoughts, start thinking consciously about something else, something nice. And don’t spend your strength on efforts you can avoid, such as intensive exercise, hiking, spring cleaning. Let your maximum exercise be a leisurely walk on level ground, and reduce your housekeeping to a regular minimum.

And, Spark, another point: since you have already linked your condition with events around you, go a step further. Perceive which person involved in such events is to be blamed for a negative effect on you, that is, more precisely, the person with whom you are linked with a negative frequency. Try to change your relation with that person. Usually honesty and changing the behavior with respect to that person help best. That is never painful or difficult as we may imagine. Try it.

October 12, 2007 12:47:46 | [Humptydumptygirl]

You know, dear Serena, the problem with active vampires is quite a big one... now when I can feel and recognize them, I slowly move them out of my life... and that is a very wearying effort, because you can’t break the link with them in a peaceful and humane way... when you tell them what you think you face gales and storms... it is only after that they go mad and suck me well, so

that I am all the time in limbo... and then I don't get to spinning the chakras because I am all the time ripping that cobweb around myself, and when I set off to start spinning the chakras, I again feel I must take the sword in my hand and break, break, so that I am breaking all the time with hardly any time left for spinning...

October 12, 2007 13:14:51 | mindpositive

That's the way the cookie crumbles, Humtpydumptygirl, but there is no other way but go through that. Now you see the true face of such persons: when you openly contradict them, they go mad. One only needs to withstand that. Then they turn to others who keep giving them the "license to kill". All you need is a firm attitude toward such persons, as soon as possible, and make it clear that as far your relation is concerned you are now calling the shots. Build an attitude of healthy authority. You'll see how quickly they will accept your stand (while continuing to scheme and dish the dirt), so that's not the end of the story, but nevertheless a good beginning toward change.

(Note: Humptydumptygirl would have had an easier job if she could have used the "black sheet" and, even better, the "press", but, let me repeat, I published these techniques later. Techniques, as you see, are nevertheless very significant if they are good, but even with them the job is not easy. Such a thorough change, from a negative to a positive mode, cannot be easy).

October 12, 2007 13:09:25 | [Old Sun]

Dear Serena, I am slowly beginning to understand that my mom, the grand master, held on me all her life, numbing me with her attitudes derived from HER negative experience, and she never had any right to force such attitudes on her child. No wonder I said nothing until recently, having no strength to oppose her. Now I began to defy her without choosing the time or place – when she attacks, I respond and cut. Just like that! Of late I never manage to spin my chakras frequently – maybe twice a day – I often cut the threads but never get to spinning them all. As if I momentarily don't have enough energy for that. I am tired and empty. Regards from Old Sun.

October 12, 2007 13:17:58 | mindpositive

Old Sun, everything is proceeding as it can proceed. As you see, you are understanding things you never understood, and you see that changes have started. You have the strength to resist. That's great. Bear up on your travel through limbo. You and all the others. You are doing a good energy job.

26.

Saturday, October 13, 2007

Slimming diet, no thanks!

The question was raised about what dumplings do in the "merry magic" context. So, you activated positive energy, should you take any other step to lose weight? No, you don't. Don't ever practice any slimming diet. No way!

I explained everything in *Geometry 1*, in the chapter "All the sicknesses in the world are just one sickness"

Why isn't practicing slimming diets good? Because your basic objective is to activate and stabilize positive energy. In time all physical complaints will be resolved (with the doctor's assistance where required) along with all other discomforts, obesity included. Obesity – especially the little/big belly- will disappear on its own without a special effort once you reach and stabilize a specific level of positive energy.

In this process there are quite a few falls into negative energy, and then you unavoidably feel a great urge for food. However, it recoups part of lost energy. You can't avoid that now. Once your positive energy becomes more stable, there'll be fewer negative periods. So, you will feel, less and less, the need for food between meals or the need for copious meals. Let that process be spontaneous and let it last as long as it takes, without any pressure. Don't deprive yourself of food, and when you don't succeed you will foster a feeling of guilt which additionally spurs negative energy.

Be plump, flabby, paunchy for some time. The belly will first slowly decrease, independently of your weight, because it stored a lot of stress/negative energy. This caused soft tissues of the bowels and other organs to swell and that is why the belly grew. This is not necessarily connected with weight and flab (people with thin legs and a large stomach know that). This is due to the increasingly "lazier" digestion over the years. Agents of vegetable origin promoting digestion, when required, are not a bad idea. Natural preparations containing bacteria from live intestinal microflora (lactobacillus) can be of great help. Take them for a longer time in accordance with the manufacturer's instructions.

When you feel a sudden urge for food between meals – satisfy it! Black (dark) chocolate is good. Don't bypass it.
The best you can do in that moment of sudden hunger is a fast version of "merry magic, step 1". Then think for a moment about WHAT you would really like to eat. Something salty? Sweet? Proteins (yogurt, cheese, meat)? As you will see, there are moments when you think you could all that – because your body is so injured and disordered. But, if you think for a moment, one food will prevail – then eat that with great pleasure. If you can solve your urge for sweets with fruit, and for salty food with cheese, and all that with yogurt, good. If not, you can't escape chocolate biscuits or good homemade brownies (yummy!). Eat, but not too much, what you have chosen, then back again to "step 1". Then decide whether you have eaten enough. If you haven't, eat some more. Why? If don't eat in that moment when you feel a shortage of energy, you will start stealing energy from somebody else,

because you are used to that, and it’s hard to get rid of such habits by mere will-power, you need to mature to that stage in energy terms.

That is why: “black sheet/press” → eat → “black sheet/press" → eat more if you need to.
And at the end, the complete “merry magic”.

When pounds begin to leave by themselves, this will also be the sign that you have increased the frequency of your energy and that it is more stable than before. That will take time. So what? As if you haven’t so far tried out who knows how many slimming diets who knows how many times!

What is important is buying healthy foods and products in order to avoid one chemical factor of abundant eating: the so-called inorganic foods don’t contain a sufficient quantity of microelements, vitamins etc. In order to get the required quantity of these we must eat a greater quantity of food. Try to follow, a little, instructions on healthy nourishment (and that is not a slimming diet), there are plenty of them around, because they are good in any case.

I don’t think it’s good to avoid meat. Possibly, you can avoid red and dry meat, but don’t skip lighter meats, especially not fish. I assume that over time all carnivores, humans included, reduced because of negative energy the capacity to produce proteins from amino acids, so that they must take them ready-made in the form of meat and dairy products. I feel sorry for the animals we must kill for the purpose. One day, I hope, we will all be so energy positive that we won’t need meat as food. But that is not the case for the time being, and any moralizing on the subject would only produce the opposite effect. We must recognize reality. In order to change it, we need to know how to do it. No moralizing will suffice.

So, dumplings, enjoy life because with positive energy you will be more mobile, livelier, more cheerful, smarter, more well-intentioned... The physical elegance will come... when it comes... one day later. The elegance of the mind, which you will reach sooner, also has a great esthetic potential.

Stay alive and kicking!

October 17, 2007 22:00:27 | [enthusiastic]
Hi, Serena! I was simply delighted with the blog, and I would like you to continue. I do merry magic about a dozen times a day (enough, I suppose), sometimes less. In the frenzy of many duties I am glad I manage even that much, but I am motivated by positive changes, for instance

in my relation with my daughter, in my better mood, in fewer outbursts of fury, and my motivation for learning has also increased. I would be interested to know the answer to one question: is spin speed essential? Sometimes I find it difficult to visualize spin, I mean I think I am spinning them too slowly, while sometimes I visualize without any problem a fast spin. That's why I would like to know whether there are any differences in this regard. Pardon my verbosity, regards once again and thanks!

October 18, 2007 10:06:55 | mindpositive

Enthusiastic, I am glad to hear that you are delighted, I also see that you are persistent, and that is what is called for. When you have time, read the comments about the posts because there you will have answers to many questions you can possibly have. Of course, you can freely ask me anything you need. I am pleased to see that you are observing spin speed. You can't and don't need to push that. Never insist on speed! It is what it is. What is most important of all, use these few minutes for the "merry magic" and practice it. And proper spin direction is the only important thing. Let me highlight the difference in the QUALITY OF VISUALIZATION when negative or positive energy is involved.

When our energy is negative, we live in illusions. We don't understand ourselves or the world around us, we are confused. The visualization of objectives, recommended by many techniques, only confuses the issue even more. First, because we chose the wrong objectives. If they are realized, that is certainly at the expense of somebody else. Generally they are not realized because the fundamental confusion of our condition plus the wrong objective as an additional confusion can only produce confusion squared.

Conversely, when our energy is positive, our objective understanding of ourselves and of the world improves, our objectives become more and more real and within reach. Then visualization plays a twofold role: 1. it focuses us on our objective, and, 2., gives us a realistic information on the objective. ("Sometimes I find it difficult to visualize spin"). So that, in the case of "merry magic", along with the achievement of the objective you also get exact information on what is happening with your energy. Soon I shall write a post about that because our OBJECTIVES and our INTENTIONS are a very important topic; moreover, there are many wrong information in references on the subject.

October 18, 2007 14:17:42 | [Old Sun]

Dear Serena, I very much look forward to the future post on objectives and intentions. I must admit that my own objectives were in a fog for the past ten years, and my appreciation of the world and of myself was far from being real. The picture is now crystal clear... I look forward to my new objectives and I would like to achieve them with joy and pride. Until recently I was ashamed because I could not achieve anything, and didn't even have the energy to try hard. Now it is as if someone had taken a cobweb from in front of my eyes and brain – I have the self-confidence that I can do it if I want to and if I have the energy. Nice regards, Old Sun

October 19, 2007 17:13:26 | [Humptydumptygirl]

Dear Serena, as for how myself and my family are doing, this is the report: the kids are great, initially we had a phase of honesty and told one another what was troubling us, they are full of goodwill and enthusiasm... I constantly feel a kind of physical discomfort, now my husband also does, we are currently in a silence phase, but we manage somehow and relate... it's just that I can't understand what kind of a vampire am I... according to the book I'm a passive one, and yet sometimes I feel like controlling everything, and most of all I feel a self-destructive feature in me, a feeling of guilt, and I don't know ... and I can't understand this vampire relation with my

husband either, because we certainly have it... though we have a good marriage, with no major friction, but I read the book and I know that this needn't mean anything, so I'd like to know who... whom? Kiss-kiss

October 19, 2007 20:29:54 | mindpositive

This initial phase of honesty in the family is a wonderful thing. And you used the word "phase" quite appropriately, because you will also reach the second phase of honesty. For that you need more energy, i.e., a higher frequency. You first need to UNDERSTAND the next stage of your truth in order to express it. This is probably why you are now a little silent, but that's quite OK, you also know that, as you wrote. Don't press the issue, force will not get you anywhere, just do the "merry magic" as regularly as possible, especially "step 1". Physical discomfort is part and parcel of all that, it tells us that there is still work to be done about the situation.

Don't bother yourself with the question of who... whom in your immediate family (this knowledge is more important as regards your parents, siblings, aunts etc.). That is, since you are all consciously in the process of "getting positive", it should not be too strenuous. You are already connecting the mental and the energy level quite well. The things that are not good at the mental level, as you know (need to control others, feeling of guilt) can also be dealt with by mental discipline, so that you break such behaviors and thoughts as soon as soon as notice them (but GENTLY, WITHOUT ANY FEEELING OF GUILT!!!). The things you don't understand yet need to be resolved with the energy process. As for anything you don't understand, register it, bring you into your awareness, say "I want to understand that" and understanding will happen... when the frequency of your energy is high enough for that. And click! – the light will go on in your head

27.

Sunday, October 20, 2007

Have you found an ally?

You have understood the basic division into active and passive vampires. You have also understood that passive vampires also have their active moments, when they snatch somebody's energy, you have also understood that they have their preferences as to whose energy they are going to snatch in such moments. And now you are bothered by the question "whose energy am I snatching?"

Occasionally people ask me that question, and in most cases I answer "forget it now, instead activate positive energy more often, move your chakras, clockwise, do the 'merry magic'". I give you this answer because <u>you will understand and discover yourself when you will have enough positive energy</u> (I gave you quite a few instructions about that in the book, through examples, through descriptions of the nature of energy and its connection with mental events and behavior). Moreover, also because I don't find in your brief comment a sufficient amount of information

to understand the situation.

Let's now analyze your issue in a different way – by saying that it is more important to see that you don't snatch anybody's energy instead of investigating who you're snatching it from.

We shall connect this with the following assumption – most people probably do the "merry magic", i.e., activate positive energy, less frequently than recommended. Nevertheless, this is alright too, because it is not good to engage in anything as a fanatic or a maniac, and the day will come when you'll understand quite clearly that you need to do energy work more frequently. But let us observe our own energy and mental conditions, and do the same for our children, partner and some others... Let us draw conclusions on the basis of our observation, of our experience of events, and let us then consciously decide whether we want to speed events up, make them more recognizable, or conclude that we are satisfied with the observed speed.

The energy process I have described in *Geometry…* is mainly under your control, and your mind, as it comes increasingly positive, will enable you to achieve higher awareness and better decision-making about yourself. Of course, we must know that the process of release from negative energy cannot be accomplished without the "cleansing" of negativity, and that implies that we shall undergo various difficulties in our positive transformation. You cannot decide that there will be no difficulties just as you cannot decide that you are going to drive your car without gas. But, when there is gas your car will take you where you wanted to go.

OK, change gears to accommodate the speed you want. But there are moments when negative energy overwhelms you, now you can already recognize that, and that these questions catch up with you – why, how, who... whom...

Let's list the most frequent situations in which you, while being focused on making your energy positive, nevertheless drain someone's energy. That is very IMPORTANT! That happens when you are involved in a demanding assignment, whether physical or intellectual, such as:

- learning for school and exams,
- spring cleaning,
- hiking,
- crash exercise of any kind, which exhausts you,
- etc.

How to behave – energy-wise – in such situations?

Before you start to work, stop the negative energy of all those who are vampiring you in that moment because that is the condition for starting your chakras and thus completing the full “merry magic”, and then spin your chakras as often as possible while you are busy. That means, I walk uphill and spin chakras. I wash windows and spin chakras. I can do it at the same time, can’t I? If you are cleaning your house or hiking, you can do that almost constantly because these activities do not call for any intellectual involvement. If you are learning, interrupt learning every half an hour, stop the negative energy of the person that, according to your feeling, is vampiring you in that moment (with the “black sheet”, the “press”). Then watch how your work proceeds under the new regime as compared with the state of affairs until yesterday when you strove to accomplish everything as quickly as feasible, possibly even more than you had planned.

These apparently trivial situations cause a great energy disorder in our life. We could achieve a lot if we learned how to stop every half hour, whatever of the aforementioned activities in which we were involved, simply rested for five minutes, and then carried on. I checked my time – I reach the top of the hill much faster with such a regime although I “lose” much time on breaks. What is even more essential, I am not snatching anyone’s energy in order to get to the top of the hill.

So, let’s repeat the lesson: have you found an energy ally? If your family is large, you will find more allies. Then among friends. This is so important, and I will write this question at the end of every post.

Stay alive and kicking!

October 31, 2007 10:44:05 | [equilibrium]

I glance at the page almost every day hoping to find comments and looking forward to posts. I mentioned the book to several people, even copied it for some, but... My husband has read the book. He started with merry magic, but... I suppose that problems must become large enough (according to very individual standards) before one starts to deal with them. As for myself, the book fit like a piece of a mosaic. It fit, as they say, “that’s the right stuff!” When I started (five months ago), I had just one wish: GET SOME PROPER SLEEP. My wish was fulfilled almost instantly! Then I hoped I would get rid of the curse and tiring headaches associated with it... and what happened? Instead of sailing smoothly into the already announced menopause, THE CYCLE GOT GOING AGAIN. Did the hormones wake up again, what!!? Am I getting younger? And my headaches, I think, are connected more with inadequate (sweet) foods than with hormones. My pendulum unmistakably warns me that industrial sugars (and even natural sugars in greater quantities) are bad for my body.

Then – WEIGHT. I belong to the slim category (five feet seven inches/one hundred and fifty-four pounds). My weight does not oscillate. Nevertheless. Over the past year I gained six and a half pounds, regardless of what I ate, I didn't eat more or less frequently, and did so with the same amount of pleasure as before. Indeed! Then I tried to get rid of the excess, but did not succeed. After a few weeks of spinning the pounds disappeared on their own. Moreover, precisely in the spots from which I wanted to remove them, my hips and my tummy. To be sure – I EXERCISE every day, even before I did merry magic, because my spine keeps sending me signals that I, I suppose, don't love myself sufficiently. Nevertheless, for a month now I have been attending Pilates exercises! That is a huge success for me, because I have never before succeeded in realizing that intention, in spite of the idea that it would be useful and healthy (I am fairly flexible, but unmistakably an antisports type). Before everything would boil down to a single attempt, and then I would give up. I found it too slow, or too fast, or the space or time were not adequate... Generally there were always excuses. Even now I don't want to pressure myself into anything (I reduce the "must" and "need to" to a minimum), but NOW I ENJOY IT. I have become my own pr0ject.

There is another thing that I would enjoy more than anything else in the world. And that is DANCING – the only wish of my life that has (until now) remained unfulfilled. But last summer I did something unusual: I went to a dance school in the neighborhood, alone and without any plan, and danced my fill with an unknown man of my age whose feeling for tempo, rhythm and movement in an unexplainable way matched my wishes! That was a once-only experience, but I can't escape the perception that it is all there, that I only need to... what? Reach out? Decide? In the meantime I dance whenever music or rhythm sweep me off my feet. Unfortunately, I still have problems with my spine, but I doggedly hope that this is a part of the process of purification, or of learning. Because, if everything were wonderful... I am a hedonist by nature... I would just relax and enjoy life. My time has not come yet, I suppose. But, I'm an optimist! Nice regards!

28.

Thursday, October 1, 2007

Cooperation, not help

You know that I have strongly emphasized the difference between cooperation and help. I don't know how many of you could have grasped that thesis at all after the first reading of the book. As I have explained, only you can help yourselves – by activating positive energy. In this way some other people will (maybe) set in motion their own positive energy. And nothing more. But even that is a huge lot.

If you discuss their problems with them, in detail, they will certainly want you to tell them what they want to hear. They will neither want to hear nor understand what

they can’t understand with their negative mind. If you lend them money, they will squander it just as the money they had before – that’s why they have no money. They will want you to share their self-pity. They will want you to tell them that the world and the people are no good, and that proper people only get to ruin. When you honestly tell them, from your positive mind, what you think, they will not understand it , they will think you are rude and inconsiderate....

When people set positive energy into motion, they cooperate with one another. In other words, that can then be called help. And then it is always mutual.

And thus we have come to the comment on the preceding post written by Equilibrium, and to all the other comments in which you described your experience, weighed its significance and meaning, and asked some questions.

That’s your cooperation with me. It means a lot to me.

I am delighted when you accurately note your new experiences with positive energy. Because you have activated your positive mind. That is proper positive thinking. And not a parrot-like and empty convincing oneself that “today is a nice day, everything is fine, it will be fine, I want it to be fine..” Well, that’s not bad either, but it is nevertheless a kind of delusion and self-delusion. Because it does not issue out of understanding but out of wishful thinking. A wish is truly wishful when it has no foothold in reality, when it has no foothold in our feeling of our own meaning and strength, when it has no real basis in positive energy, and then it is never achieved.

Positive energy ENTRENCHES you deep in reality and gives you WINGS for a new reality you are creating.

“I have become my own project”, says Equilibrium.

I admire the way in which you find the right words. Look at the discussions on other blogs when somebody launches an existential theme – there is so much incoherence in those thoughts, sentences or words.

Equilibrium, I have nothing important to add to your comment. I am delighted. Maybe I could just add that getting younger really occurs with positive energy. Women can notice that from their menstrual cycle, although it probably will not be renewed if you are deep into the menopause. But look at your wrinkles. It takes at least a year to note a difference, a positive difference. As time passes, the number of

wrinkles will decline. And so will other signs of ageing.

The spine, Equilibrium, needs time, i.e., longer "'merry magic' energy training" and stretch exercises. They are included in yoga, and also, I suppose, in other disciplines.

Now that I have told (written) you all the important things I know, it would be really important, both for me and for you, to hear about your experience with positive energy and your understanding of that experience. Cooperation is important. So that we see how you progress, and how much. There is still a long road before you, because only one year has passed since the first readers of the book started to practice the activation of positive energy. But even the first steps are fascinating. For the first time you really understand the difficulties and see that you can begin to resolve them. And however different we may be, and however incomparable and personal our experiences, the crossing to the sunny side of the street, on the side of positive energy, is essentially very similar.

You do understand that such cooperation between you and me is important not only for us but also for the rest of the world, don't you?

Maybe more about that next time.

Stay alive and kicking!

November 1, 2007 10:47:46 | [Spark]
Hi, Serena, and all of you that read this, of course. You know, when I found you on the blog in the beginning, and then ordered the book and set on action, I was delighted, and a smile flickered on my face all day. That was some six months ago.
It was good, as if when someone lights a lamp in the dark. But, as there was more and more light, I became aware of the fog around me. When I got rid of the fog, I saw around me the grey side of the street on which I was standing. Now I am in a phase in which I also see the sunny side of the street where I belong. This is not easy and I know I am not the person I can and should be. And I lack some of the initial enthusiasm, but that's like the story about falling in love and loving. Both have their own place. One more greeting from satisfied Iskra
November 1, 2007 11:121:09 | [equilibrium]
Thank you for your comment, Spark. My case was similar: initial enthusiasm and a smile. But that could have been the effect of take-off which leaves you breathless. And this now is flying. Not dramatic, but nice. At any rate, flying above... what? The previous level of existence? Not particularly high, but maybe it will be. First things first. Any company on the sunny side of the street that you see? Nice regards to all positive people!
November 1, 2007 13:56:18 | [New Sun]
Dear Serena, I have many questions... Negative energy is sickness, every sickness, isn't it? Now,

grandma has tumorous growths on her face, she lives alone, and her heart is also weak. But, isn't that the consequence of old age, of many years, and not of somebody's energy snatching? But now I can't believe the changes I am seeing. Grandma moved in with us for a time. All my positive balance collapsed, I can't believe it, I even, after a long, long time, fell into a bad phase, cried, grieved... Until I remembered... Snatching my foot :) Now everything is clear... Father has a stomach-ache, my brother's cold is back, mom has a heart problem... Ever since grandma moved in... I can't see clearly, if someone gets hit on the job, accidentally, or generally if there's an accident, traffic or the like, is that only the result of personal luck or... I don't understand where energy fits in... Nice regards...

November 16, 2007 8:49:29 | [mira]

Delighted, shocked, confused... I experienced all that reading the book... I have quite a few years, meaning that I was a vampire and that I was vampired...
now I want to join all these WHO WANT TO STOP THIS DAMN SHAME ONCE FOR ALL...
And, the question reads... there is no question... everything is okay ...
Just that... to tell you that the Mission is growing and that I support it...

29.

Friday, November 2, 2007

Peace and enthusiasm

When we start activating positive energy, that is a really drastic turnabout in our life and we feel it as enthusiasm. As we continue the process, the frequency of our energy grows all the time, meaning that we have more energy. Then enthusiasm stops as a permanent condition, and peace set it. We are peaceful. We no longer impatiently tap our feet, we are not in a hurry or we are not nervous even if we hurry. Enthusiasm happens, as it ought, in some exceptional situations, just as when Equilibrium goes to a dance school and dances her fill. Then we also start to feel energy falls, which are fairly frequent, we know how to deal with them, but nevertheless feel them as a poorer condition, and such situations block enthusiasm. But as you have also understood, Equilibrium and Spark, this is alright, and I am again delighted when I see how nicely, precisely and accurately you describe all that, how you comment and understand.

Actually we need peace. Peace stemming from the feeling that we are strong, because we have energy and know that we'll have enough of it forever, and never at somebody else's expense. Peace which happens because we are less and less in situations of conflict and misunderstanding with people around us, although they are not better than they were before. But now they are stimulated to show us their nicer side. Everybody has a nicer side, and we inspire them to show it to us. Peace that

happens because we have the strength and the way to tell, openly, “no, no way, bye” to all doggedly aggressive people (whether actively or passively aggressive).

Peace is God’s blessing.

Also learn to recognize the quiet joy which is a part of that peace. We don’t have to be euphoric to be joyous. There is also quiet joy.

Stay alive and kicking!

November 2, 2007 21:27:56 | [equilibrium]
As regards line jumping... I stand in a queue, wait, when a woman enters, and stands ahead of me! Imagine! As if she just forgot... I never let anyone walk over me, but I always found such situations very unpleasant. Before I would probably think a little, and then start with “Excuse me...” But now I IMMEDIATELY, without thinking twice, and as soon as she stood ahead of me, I tapped her on the shoulder... and when she turned I raised my eyebrows (with a smile, to be sure) questioningly, and that was enough for the person to apologize and stand behind me. I just love it when I can communicate with people in this way, without words. Especially when my daughter was with me on the occasion, and she got a lesson in life’s skills. But my children never had any problems in standing up for themselves. Indeed! Today’s children are either predominantly self-confident or we taught our children to take care of themselves in a healthy way.
Regards!

30.

Sunday, November 4, 2007

ABOUT OLD PEOPLE

Grandma’s cakes have nothing to do with this article

There are stories about Eastern spiritual people who decided to die at a certain age, they would stop eating, simmered down and died. Not because of sickness or infirmity. They consciously decided that their time had come. I don’t know whether this is true nor not, but I believe that it is so. I believe such examples, and from my experience with positive energy I know that old age does not imply sickness and infirmity.

So, New Sun’s question about her grandmother: *grandma has tumorous growths on her face, she lives alone, and her heart is also weak. But, isn’t that the consequence of old age, of many years, and not of somebody’s energy snatching?*

No, that is definitely not due to many years. Grandma's condition is due to NEGATIVE ENERGY, i.e., because she was and still is a vampire. Probably, like everyone, she started as a passive vampire, and now she's an active vampire. This is seen from the following quotation: *But now I can't believe the changes I am seeing. Grandma moved in with us for a time. All my positive balance collapsed, I can't believe it, I even, after a long, long time, fell into a bad phase, cried, grieved... Father has a stomach-ache, my brother's cold is back, mom has a heart problem... Ever since grandma moved in...* Everybody around grandma gets sick, and she may possibly, for some time while she's with you, feel a little better owing to all that energy she collects from you. If she exhausts you seriously, then she'll also deteriorate. Since you see, New Sun, you don't have to believe. Such a "massive" malaise of all the members of the family can only be the result of the presence of and relation with an active vampire who has captured you in a clinch with your own permission.

New Sun responded to grandma's vampirism with mental discomfort of a depressive nature – a clear example that New Sun didn't have to mess up anything in her life in that moment, i.e., bring herself in a somewhat depressive condition by her own activity. But the FAMILY SITUATION was guilty for that condition. Family ties, as has been known since long ago, are very strong and have a crucial impact on our life. IF WE DON'T TEAR OURSELVES OFF, THOROUGHLY AND COMPLETELY, IF WE DON'T ACHIEVE OUR OWN INDEPENDENCE OR FREEDOM. As we know now, we can do that when we activate our own positive energy.

The other members of the family responded with physical discomfort (maybe mental discomfort as well, but New Sun doesn't know that, because they probably never speak about that). Formerly New Sun would never have noticed the correspondence, i.e., the accumulation of sickness in her home, she would have considered it a coincidence. Now she knows how and what to observe (although she did not draw the proper conclusion from all that, because she thinks that grandma's illnesses from the first quotation are the result of – age). So, we have the same scenario that I have described with my grandmother and other grandmothers in my book. And then the grandmother in the "On the blue sea beach caressed by the breeze" article.

Let me explain another detail which I just indicated in my book. All the members of the family got sick when grandmother moved in. I said that an energy contact, whether negative or positive, can be established at any distance. One person can be

in Australia, the other one in Europe, and both will be able to drain each other's energy, or will be in a positive resonance, i.e., support each other in positive energy. Of course, only if there is rapport and live contact between these persons or if there is something I called, in another context, "assent" to be vampired. That is correct, but still it's easier to drain someone' s energy if he is a yard and not 10,000 miles away. I don't know why, I suppose the contact is livelier, more active, more focused. For example, if the grandmother in question had several families at her disposal, the families of her offspring, so far she could alternately drain the energy of those various families, and then of the neighbors with whom she was in close touch through friendship and visiting. When she came to New Sun, she focused on them, and there was hell to pay.

Of all the old people I know, only a very few are not active vampires. Primarily because in their families there are younger members regularly doing the "merry magic", then because they never developed a bad and morose character, and because their health is relatively good. They become vampires when a vampire in the extended family intensifies his pressure because of sickness or negative emotions. However, the younger members of the family resolve, fairly quickly, any negative energy crisis in the family environment by applying the "merry magic", i.e., by the more frequent practicing of the technique, so that their old folks don't sink into negativity and remain, let's say, mild passive vampires like most of the people.

A gramps already at 83, healthy and mobile, with a totally lively spirit just as he was thirty years ago (and that's how long have I known him), is particularly resistant to negative energy and responsive to positive energy. As always, his life is active and meaningful. His fitness is not as it was before, but nevertheless excellent considering his age. He doesn't know anything about positive energy, but next to the positive members of the family (there are several) his chakras occasionally spin positively and spontaneously. Not always, because there is no awareness of the process.

Folks, how far is that from grandma's wonderful cakes and good night stories. And how unconnected is all that with the idyllic image of the good old grandmother who always stirred up such a warm and lovable feeling in our heart. These good grandmothers wanted it to be that way, and we let ourselves be convinced that it was really as they wanted it to be. Actually, the same thing as with our parents – they want to love, but don't know how. This is why the subtitle of my book is "And how we barely survived parental love". Surviving grandmother's love is even harder because she is old and probably ill, and that means that her energy deficit is greater than that of our parents. An extenuating circumstance is the fact that a grandmother

can have more children and grandchildren, and drain, little by little, the first, then the second, the third ... IF WE LET THEM, our parents drain us all the time.

Stay alive and kicking!

November 4, 2007 20:46:31 | [Ratka]
I have been cheerfully practicing the merry magic for five months. There have been ups and downs but, I must admit, results as well. But major and verified vampires can still destroy the effect of the magic, and then I feel poorly for two days. The problem lies in the fact that these are people whom I must meet, occasionally, and whom I cannot avoid. Before meeting them I prepare for the occasion, charge my batteries. During the meeting I cut the cobweb, spin the chakras, but after it's over I feel fleeced. But every time things are better, to my advantage. Before reading your book I was their easiest victim. Now the problem is my partner. He does not even want to hear about practicing the merry magic, although he likes what I am doing. Otherwise, he does not admire anything similar, but respects my meditations, yoga, reading... earlier he felt pain in different parts of the body, and now this pain occurs every day and shifts from the knee to the shoulder, and then to the shoulder blade and the elbow... Can the cleansing of negativity also affect my partner? Actually, I have the impression that the more I cheerfully practice the magic the more he complains about the pain. Since we are very close and together a long time. Even though we are very different, we tolerate each other and give each other space. I have not written a long time, but I follow the comments. I love this exchange of views, Serena, thank you for everything you wrote in your book. I have recognized all these problems either in my family or in my environment. Every word is true. Kind regards everybody, Ratka
November 4, 2007 23:03:33 | mindpositive
Ratka, I need more information for an answer on shifting pain. Do you have similar pains? Do they coincide, in time, and who feels the pain first and who later? Do the pain sites coincide? And tell me everything else you remember in connection with this.

The coincident occurrence of pain in family members is all right, it is a sign of cleansing of negative family frequencies. Therefore, an unavoidable phenomenon associated with the activation of positive energy. If the pain does not develop into illness requiring medical help, everything is alright. You have succeeded in maintaining positive energy. If matters become complicated, you need an ally (and I see that in most cases this does not work – we can't press the issue) ... Generally, you are not doing anything wrong, it's just that garbage is leaving the body, and that always "stinks", i.e., hurts.
November 5, 2007 12:06:30 | [Equilibrium]
This explanation of pain transfer as the disposal of family garbage has been all too important for me! I also have trouble with that and can't identify my mistakes. I think it will nevertheless be useful to explain to my husband the importance of cooperation for the good of the whole family (I didn't want to press him, but obviously things will be harder if I try to deal with the problem alone). Thanks and regards!
November 5, 2007 13:02:19 | mindpositive
Once again – there's nothing wrong about what you are doing. Family frequencies are joint "property", Equilibrium. Your conclusion is good.

November 5, 2007 15:43:40 | [New Sun]

Dear Serena, you wrote that I didn't have to do anything wrong in order to bring myself into this condition, and obviously I did not, everything was fine until that day... But, somehow, all the old "weak points" returned, from love problems to friendly squabble, and everything just piled up! Most of the issues were related to love, of course :(And, how did I take care of that? Honestly, I had a good cry, because that helps me to get it all out, and the morning after I spun my chakras and reached the state of peace by a deliberate decision on positive emotions. Over the next few days I was upset by grandmother's comments and old ways of thinking which I simply can't understand, but the funniest thing is how she again manages, after my explanation, to say "it's not like this but like that", etc.

November 5, 2007 18:02:19 | mindpositive

New Sun, this communication with your grandmother is a vivid example of how difficult it is to communicate with a negative mind. The negative mind does not listen to any explanations, it just doggedly sticks to its own view and tries to impose it on everybody. When you think about your grandmother's character (I don't know it, of course, but I know how every negative mind functions), then you'll understand much better how negative emotions and thoughts can lead to sickness and problems. In fact, their struggle against understanding and urge to always be right are very efficient mechanisms for snatching the interlocutor's energy. Even when they say something apparently unimportant you feel like screaming. Then words and content are unimportant, that was only a way to steal energy and that's why one screams (as children often do) and feels like an idiot. And that is only an unsuccessful self-defense.

You say that you "reached the state of peace by a deliberate decision on positive emotions" – excellent. For such decisions and their realization we need positive energy... moreover, you also spun your chakras, and that's that.

November 5, 2007 19:01:36 | [New Sun]

Somewhere I read somebody's statement about the "sexual energy" of Angelina Jolie, which radiates and which would make her special even if she were ugly. What kind of energy is that, is it also a positive thing, only given a different name? That post about love never turned up, once you promised that you would also write something about that... Only the post about dumplings appeared...

November 5, 2007 20:02:18 | mindpositive

Quite a few good questions, New Sun, and you also remind me of your old questions. I can't match the number of your questions with my answers. Therefore, be patient, I'll answer the lot, sooner or later. And freely remind me, as you are doing now.

Very briefly – about sexual "radiation". It's not good when that aspect of one's personality sticks out. This is, as a rule, the seductive energy of a vampire looking for a victim. Therefore, negative energy. We should not want the opposite sex to turn after us. In most cases such situations develop into one-way liaisons with many negative emotions in play, from vanity to trade-offs including appearance or status. Of course, it doesn't hurt to look well, but it takes a lot of wisdom for carrying a pretty head. So much, quickly and incompletely, about the topic. I need the whole post for answering every question, and I don't always have time for that, meaning that you need to wait...

31.

Monday, November 12, 2007

How pain occurs

You reported shifting physical pain in your body and in the bodies of members of your family, in all cases mainly in the same spots. Meaning... if someone has a headache, some others also get a headache almost at the same time. Or the pain occurs in the hip, elbow, stomach, eyes, wherever. Moreover, this concurring pain has become more frequent since you started doing the "merry magic". And that makes you worried because you think you have done something wrong, you wonder whether you steal the energy of the members of your family, and maybe that is the reason underlying their pain, which is often "shifting". It moves from one site to another.

Any physical pain is the physical record of a chronic loss of energy in that spot, and it always has a mental aspect as well (in most cases in the form of what we call "gloomy thoughts"). Therefore, pain is the record of negative emotions and negative attitudes in your body. They are always released parallelly – both in the body and in the mind. Now we add an energy dimension – any pain, which is always PSYCHOPHYSICAL pain – has its own negative energy frequency, its energy dimension.

Our first reaction to an unpleasant event is our endeavor to conceal it, to suppress it somewhere so as to forget about it, because we don't know how to deal with it. At the mental level pain is forgotten, at the physical level it is pushed into a muscle, organ or joint, and what develops there is a cramp, interrupted circulation, a cold zone. At the energy level, this is a cocooned negative energy which tries to avoid being disturbed. This is a process repeated since early childhood because we learn it just as it is from our parents, at the unconscious level. As a result of that process, everything in our life happens slowly, problems are not solved but accumulate, with all the disorder with which you are quite familiar.

We put away every unresolved problem at all the three levels, we don't want to know about it and, of course, cannot resolve it.

Example: the mother believes that men are dangerous, liars, that they bring all kinds of trouble. The daughter got this attitude – as a precise energy frequency – from her mother even before she even started to think about boys. She also got this attitude through every part and parcel of her education through a million instruction and

prohibitions imposed by her mother – but what is essential is that first, precise negative frequency.

However, the daughter is more educated than her mother, she wants to find true love, knows some psychology, tries to behave correctly toward her partner... Moreover, times have also changed, social values and attitudes on what is permissible and desirable are changing. She has progressed at the mental level and does not intend to consider the masculine gender in the same terms as her mother.

But – at the physical level her mother has long ago warped her pelvis, warped her chest, warped her mouth (or some other spots on her body). Because of that attitude toward men (and some other important causes which momentarily we have to neglect at the expense of the intelligibility of the logical sequence, and one day the analysis of the problem will be completed in its overall complexity). And she unconsciously and at precisely determined spots transfers to her daughter this physical contortion which has the exact frequency, at the energy level, of that attitude about men. (And her mother had transferred that to her, and so on all the way to... Eve). The frequency of energy has to be transferred in accordance with physical laws – after all, we are dealing with energy and resonance, and even if her mother had remained silent, all her life, without mentioning her attitude about men, she generally expressed it and behaved accordingly.

The daughter tries to get rid of this only at the mental level and succeeds – very little, maybe not at all. Here and there she has the impression that she is doing well, but liaison with a man fails, she starts a new one, nothing again... And if she has some strength left for honesty, she will tell herself that she cannot succeed, and she hasn't got any idea why it is so, she even has the impression that she is treating her partner very well in every respect.

The daughter can't succeed because she is resolving the problem at one level, and the problem is entrenched at three levels.

At the physical level she can do even less, because the cramps can be stored so deep that no exercise can reach them. In my experience, yoga is the most efficient solution, but even yoga does not penetrate deep enough. In physical terms, yoga will make you feel excellently well, much better than before. You will also feel better mentally, but that is very far from full relaxation and, in particular, it will not reach the relaxation and healing of NERVES.

When we work at the energy level, but only by activating POSITIVE ENERGY as I

explained in the "merry magic", we act simultaneously AT ALL THE THREE LEVELS OF OUR BEING: at the mental, physical and energy levels. It is only then that we can dispel the grey shadows of the family past we are adopting already in childhood as the family past and, at the same time, as our (negative) future. And, especially because our mind stops being negative, it becomes a positive mind capable of a much clearer, deeper and more accurate understanding of anything.

Let's go a generation further. The former daughter has become a mother. She immediately transfers her physical cramps and her frequencies to her little daughter who never even thinks – yet - about boys. She will not transfer to her a NEGATIVE attitude toward men as a negative THOUGHT because she has overcome it through her own maturing, education and conscious effort. But she will transfer that attitude at the two other levels, the physical and the energy levels, maybe in a form milder than that received from her mother, but the attitude will still be there.

Thus arose one of the physical pains underlying this post. The pain of the parents spreads treacherously in the family and becomes the common "property" of several members of the family.

This is an example of an ATTITUDE which becomes physical pain. Other emotions or feelings such as jealousy or envy can also become physical pain. An unpleasant experience, e.g., forceful control (even if mild) of urination and bowel movement while the child is not yet still physically developed for that, can also become physical pain. For the time being we shall follow the mentioned example.

Now, how did the mother transfer to her little girl her negative attitude about men in those other two dimensions, at the level of the contorted muscles and organs and at the energy level? And she is not, either, the first mother to have a negative attitude about men at the mental level and to read lessons about men to a child three years old. She is not, of course. And how did that woman transfer pain to her daughter, husband (he transferred some other pain to her) and to her son?

More about that in the next post.

Stay alive and kicking!

32.

Thursday, April 24, 2008

How pain occurs (2)

"How did the mother transfer to her little girl her negative attitude about men in those other two dimensions, at the level of the contorted muscles and organs and at the energy level? And she is not, either, the first mother to have a negative attitude about men at the mental level and to read lessons about men to a child three years old. She is not, of course. And how did that woman transfer pain to her daughter, husband (he transferred some other pain to her) and to her son?"

So, in the past a member of our family stored the EXPERIENCE OF A CONCRETE FEAR into the unconscious as a negative frequency, and stored the same experience into the body as a spasm of the tissue. And forgot the experience because it was too painful for the soul and because he/she did not know how to solve, i.e., understand it. This negative frequency, this physical spasm is at the same time an energy deadlock in us. It is like a log disturbing the flow of positive energy now when we want to set in motion in the "merry magic" in the positive direction. Positive energy could possibly wash off the log and it would leave one day. But here is the INTENTION of that person, so far his/her only defense, and that is the intention to forget, his/her intention NOT TO SOLVE that ugly experience. Because he/she does NOT know how to solve it. That is why the log stays. And in order to stay here it needs a lot of energy. And now our ancestor spends the energy of his mind and body on forgetting his ugly, real experience, and at the physical level that means the maintenance of the tissue spasm. His body, his psyche and his mind gradually grow weaker because they totally uselessly spend their resources on maintaining the deadlock. But that is a mechanism which stabilized in him, it became a habit, and that part of his body/psyche exists that way.

However, not only does that person get generally weaker; the spasm of the tissue and of the mind begins to hurt. It HURTS in every spot where the person has accumulated negative energy. The body hurts, the soul hurts. Very soon he no longer has strength/energy of his own to maintain that spasm (we said spasm = forgetting), and that somehow becomes a priority task. And, that person from the distant past was a "genius" and somehow discovered that he could use the energy of other people. And this is how that functions: the negative energy located, say, in his shoulder, i.e., the PAIN in the shoulder, draws the energy from the shoulder of another person. The pain in the shoulder of the person who draws, steals the energy is momentarily reduced, but never completely because he continuously renews his pain by a pattern of negative energy (single cone spinning counterclockwise) – he partly mitigates it and then, in the attempt to mitigate it completely, reinforces the

negative cone in order to draw more energy. And he does draw it, but also reinforces the negative cone, and needs more energy to annul it – but he always spends more energy than he is able to steal. An action that contradicts itself. And that is, literally, the pattern of any addiction.

I still cannot explain why, how and when somebody learned to steal energy "brilliantly". Now it is not so important, because I know how that functions, because I followed, countless times, that energy flow and process on myself and on other people, and because I understood that the mental sequence of events is linked with the energy sequence (this is described throughout *Geometry… 1*).

Let's now come back to the mother and daughter. The negative EXPERIENCE with men of a distant mother in the line was stored/forgotten as a spasm in - say – the pelvis. In one moment the mother started to draw energy from the pelvis of her daughter. Initially the mother felt better because of that, while the daughter did not feel anything in the beginning because her young body managed to restore that energy loss. Thus, the child was born and everybody was happy because the child brings a lot, a lot of energy.

The child/daughter grows, but she also begins to feel pain in her pelvis. Because her energy is also being spent. It is spent, but new energy is not created. Why, if the child came into this world positive?

The child is full of energy, we all know that. And it is full of energy because it has come into this world with knowledge about positive energy. There can be no other reason. But in this world everybody meets the child with negative energy, and the child loses the knowledge. The child learns from the parents the general principle for setting negative energy in motion. The child's parents draw the child's energy in order to heal their painful sites, and thus the child will also acquire, over time, pain in the pelvis because of the continuous lack of energy in that part of the body. Therefore, the distant mother who had transformed EXPERIENCE into a spasm drew the energy of her daughter from her pelvis and gave her a direct account of that ugly experience. After some time the daughter forgot the story, but the pain in the pelvis remained.

Now this daughter becomes a mother with pain in her pelvis. Nobody knows anything about the distant ancestress who experienced FEAR because, say, she was raped by Genghis Khan's soldiers, but everybody regularly carries on the pain in the pelvis by drawing from the younger members of the family or from their partners the energy in the pelvis in order to reduce the pain in their pelvis. (There are

different organs in that zone so that in some cases trouble is manifested as vaginal infection, in others as bladder or prostate inflammation, or fused vertebrae, or hernia, or premenstrual syndrome, or ovarian cyst, etc., etc.),

Let's now come back to the nature of energy – quantum energy to be precise. Quantum energy is also and always INFORMATION. Thus, pain in the pelvis also and always contains an information, which is our case would be: FEAR MEN. THEY ARE DANGEROUS. The story about the ancestress raped by Genghis Khan's soldiers is forgotten. The pain in the pelvis carrying the message about men has remained. And that pain travels from one generation to the
next. A woman in some generation will invest huge efforts into eliminating fear of men and have a somewhat better marriage, but she will nevertheless transfer the spasm in the pelvis with the information about men. The next woman will not, perhaps, have so much mental strength and will think the worst about men. Now the pain in the pelvis in this generation will again gain the strength of the conscious MEN ARE NO GOOD attitude. Etc., etc,. ...

Until the energy-conveyed message is annulled and, therefore, pain in the pelvis as well, all the women in that line (unfortunately, not only in that line; this refers to the entire feminine gender when the specific example, i.e., the pelvis, is concerned) will carry the FEAR OF MEN AND A NEGATIVE ATTITUDE ABOUT MEN. So they torment themselves and their partners without knowing the reason and understanding nothing. Because the pain and the attitude are inherited AND DO NOT ORIGINATE FROM THEIR EXPERIENCE. That is why they cannot resolve it.

But when they resolve the pelvis pain problem with the help of ENERGY, they will get rid of it forever. That includes the forgotten experience of the ancestress, the negative attitude about men of their grandmother and mother, and their never fulfilled wish for true love with a man. Only after resolving this old energy message, this pain in the pelvis, this woman will be able to establish a loving relationship with a man on an equal footing, without any fear. Without fear that occasionally turns into aggression and very negative attitudes about the masculine gender, including her own man.

This cannot be explained easily.

Now you understand why your mother didn't have to tell you anything about men. But she drew energy from your pelvis because her pelvis hurt. In this way she created your spasm and pain in the pelvis, but pain also transmitted an

INFORMATION. The information that “men are scum”. Until you understand that, you’re in a tight spot. As if your body had a computer virus. Just like that. Nobody knows anything about that, and the virus secretly carries out its assignment.

When you discover it, the matter is mainly taken care of. It is not at all simple, as you probably know, to get rid of negative energy, but it is possible.

Of course, the mother did not draw energy only from her daughter’s pelvis, she also drew it from her son and her other daughter. More from one, less from the other. I followed only one series in a family because of easier understanding, but there are many examples, widespread like an octopus.

So, now you start spinning chakras and get rid of the pain in your pelvis as well. Because of the positive spin this cocooned lump of negativity will “wake up”, begin to act, and you may feel it as pain. In order to transform the negative energy in the pelvis into positive energy, you must first stop the negative energy of the person (that is, persons, because there are almost always more than one) that draws your energy from the site, and then install an auxiliary pair of chakras there. So, the negative energy in the pelvis is AROUSED and the pain revives; then, with the spin of the auxiliary chakra pair, positive energy gradually replaces negative energy, literally in every cell. That can take some time. Pain revives, but every time you spin the auxiliary chakra pair in the pelvis pain keeps decreasing until it disappears entirely.

If you didn’t stop the negative energy of the right person quickly enough (“black sheet”, “press”), and spun that auxiliary chakra pair long and often enough, everything can be reversed, negativity can prevail, the negative information remains and so does the negative attitude about men.

This REVIVED pain is the momentary gain of negative frequency which is also felt THROUGH RESONANCE by the other members of the family, especially those whose energy you drew from their pelvis. Because you drew the energy of them all from the same site, and the same negative frequency developed there. This explains what several people have already reported, “I have a headache, but so does my husband, and the children are nervous” (quite often children have not yet accumulated and localized negative energy – in the above case in the head – and that is why they feel negative energy everywhere: that is manifested as NERVOUSNESS which we call, in most cases, whimpering, irrational behavior, rage, rolling on the floor, throwing things and the like).

If your husband is not your ally, if he does not activate his positive energy, your energy struggle with the pain in the pelvis is difficult because the negative energy, present also in the husband, is not dealt with so that it returns. By resonance. So you start all over again from the beginning. If you succeed in explaining to your husband the positive energy and the need to do the “merry magic”, you will resolve it together and relatively quickly. If not, you must be tremendously PERSISTENT. This why it takes PERSISTENCE in your energy-related work.

Now multiply the pain in the pelvis by fifty or one hundred because you have accumulated many negative frequencies. First of all from your parents, and then from all the people you have been meeting intensively and for a long time. However, our selection of our friends and partners is based on the criterion of their having the same (negative) frequencies as our parents, so that we don’t have a really infinite number of different frequencies in ourselves. But we still have quite a few and that is why release from negative energy takes a long time.

Now, if you’re under the impression that this is a huge and unsolvable problem, you should know that it is not.

How could you know that?

By my having dealt with my pains in the described way. By doing the “merry magic” and thus resolving at least one pain that does not occur any more. So, as you have solved one, you will solve all the others as well. One by one.

So don’t feel guilty when you have a headache, your husband has a headache, your daughter has a headache. That’s good. It’s good IF YOU DO THE “MERRY MAGIC”. The pain then decreases and disappears.

If you don’t activate positive energy, you will intensify pain. Just as all the people around you. That way acute pain develops into chronic pain, chronic pain into illness affecting a specific organ... and you get sicker and older. And die old, sick and miserable.

Conversely, you have activated and stabilized positive energy and interrupted the inherited sickness/attitude/fear chain. And finally come round, and all things are going well. For you and your children...

These two articles on the development of pain are very important for the understanding of our psyche, our attitudes and our behavior. Endeavor to understand

them well.

When we consider this chain of events in its entirety, how would we describe our life?

As a struggle with the unknown past of unknown ancestors.

One part of everybody's family's past has become the past of the people, the second one the past of the feminine or masculine gender, and the third one the past of humankind as a whole. And we are saddled with all that, every cell. The whole culture, tradition, the whole past. Sublimated in specific energy, mental and physical blocks/spasms/pains. Which we do not understand and, therefore, cannot solve. They are not our experience. They are the imposed experience of our ancestors. But their experience – as a specific negative energy – NOW ALSO CREATES OUR OWN EXPERIENCE. That is why our experience is a priori a negative experience. It is OUR dissatisfaction with, and ignorance of, everything, that prevails in most people, instead of joy and satisfaction. It is transmitted by that pain relay in the pelvis or in any other part of the body. And it can be transmitted because pain is primarily negative energy. Because quantum energy has no time or space limits.

Our parents' past determines our future according to the described mechanism. Our parental past determines our life experience along lines similar to their experience, even when they don't hammer it home. We are fully determined by the past. There is nothing left for our fresh and new experience.

We have no future. We live other people's past.

IF WE DO NOT KNOW POSITIVE ENERGY.

Only positive energy crates the opportunity for OUR OWN experience, OUR OWN present and OUR OWN future.

With negative energy we are in the past from the beginning, we are always in the past. Some other people's past. Born and already deceased, over and done.

Yet, how did humanity progress after all? Thanks to rare brilliant individuals who found the way – in a single moment (mainly never repeated again) – to break through the barrier of negativity; in most cases, as young people they invented something new, carried out a heroic deed. However, the principle according to which they made that specific invention, that is, the principle of creation and

discovery, is still unknown. More precisely, it seems that it was known in the past, as testified by the oldest traditions and writings on Earth – religious writings. However, the copying and interpretation of these writings over history has blurred and distorted them so much that today we find it difficult to recognize the formerly essential knowledge.

This is why, as I wrote in my book, the message of all religions can ultimately be summarized in the thought that God is love. And that is the supreme thought. But, as millennia have shown, WE DON'T KNOW HOW TO LIVE THIS LOVE. Let's be realistic – we don't. This means that we do not understand the message. We find it abstract and unfathomable.

And then came quantum physics, and with it the opportunity to understand the geometry of love.

And here we are now, we who have started to live love, true love. Who have started to live POSITIVE ENERGY. Who have started to understand ourselves and our own life. Who have begun to create our own experience. Who have rejected the struggle against the unknown experience of our unknown ancestress, our great-great-great-grandmother. Who are creating here and now. Ourselves, here and now.

Stay alive and kicking!

(Note: in order to make you understand the basic logic of the energy flow, so far I could not discuss in detail the following point: every man, now and here, actively contributes to the feminine attitude and fear of man in every generation, and they do it in their own, masculine way, because they have their own masculine gender past, and repeat it and always anew reinforce that conscious or unconscious feminine suspicion of men. That will be made good in the third [or fourth?] book, the topic of which will be sexuality).

November 15, 2007 10:08:00 | [Old Sun]

Dear Serena, I am weary... I don't know how it happened, imperceptibly... I noticed that I gained five pounds, my complexion is a mess, I am dead tired every evening, my stomach is often upset, I have some scabs on my head... and I completely stopped doing the magic – I don't really know how negative energy slipped into me unnoticed, how I just got lulled into a good thing without paying attention and now a bad thing hit me on the head. Now I'm trying to get out of this mess but I find it difficult to start doing the magic intensely again... As if my brain was blocked. Help! (Yes, I know, don't I, I must help myself). Does anything like this happen to others as well? Why?

November 16, 2007 0:38:38 | mindpositive

Old Sun, these are inevitable crises. Just because negative energy is capable of sneaking in so quietly and imperceptibly. A new negative frequency is set in motion, and then resonates with an identical negative frequency in a new person close to you, a person you have not pressed so far – and in a few days, through intense vampiring, that person has caused the condition affecting you, the condition you described. That is why the most important step is detecting this new person. There are always some signs suggesting who that person could be: an old acquaintance calls you, you accidentally meet a person from your past, a new fellow employee at work, you are dreaming about somebody...

This is why I say, do the "merry magic" every two hours, ideally every hour. It is much easier to counter negative energy as soon as you get the first inkling, when it just touches you, than when it has totally overpowered you. You could have major crises even then, but they would be less frequent.

Those scabs on your had are interesting. You didn't bump against anything or scratched your had, and yet you have scabs. That's on the surface of your had, don't even imagine what happened to your brain –as you say it's blocked. These scabs or lumps on your head are a clear symptom that somebody is "grazing on your head".

I know this is no consolation, but I also still have crises every now and then. It's truly unthinkable what a quantity of negativity we have accumulated in our life.

But, regardless of all crises, they are certainly something that happens en route to progress, which becomes nicer and brighter over time.

Bear in mind that nobody ever achieved anything great without persistence. There are not many people that achieved something great and good at the same time; even around us we don't see examples we know and which would bear witness to how much effort and persistence is required for great things, even for those that are "just" above average. That is why there are good books and good movies describing that. And biographies of great people. There were many falls before they got to a top.

Read, read, read!

November 16, 2007 9:57:36 | mindpositive

Notice also in your case the link between periods when you feel you "sank" into negative energy and a weight gain, as Old Sun noticed. And let us know.

November 16, 2007 14:28:55 | [Bumblebee]

I must say that as I discovered this book, and started practicing, I first experienced stabilization of energy, and it increased wonderfully. However, what followed were stepped up attacks against my young energy from all quarters. And I didn't notice that, and did not spin more frequently until my system crashed completely. And then, to put it mildly, the negative condition set in... I had neither the strength nor the will for the merry magic. That's how the fall began, actually, because during these attacks I either started to forget or had no strength to do the magic... and that's how the crash happened. However, that will not happen that way anymore because I already know how to recognize such hazards. I must say that now I feel well.

November 16, 2007 16:08:08 | mindpositive

There, Bumblebee, you too confirm that you have fairly well noticed and described the crucial moment of the crisis. What is very important, you have learned to notice your energy conditions, and, with my small help, to understand them.

What is also important you should also see for yourself that everybody experiences similar energy situations when chakras are spinning; they are also described in my book. This is an

additional confirmation of the theses outlined in *Geometry…* - i.e., that there is only one essential cause of all sicknesses and all problems.

And, another problem related to weight – in negative periods most of the weight gain is accounted for by water. You will record that in the form of swollen joints, and possibly a swollen stomach, as well as by the fact that within 24 hours – or even less – weight can rise or fall at the rate of up to two pounds (depending on whether you are leaving the negative sphere or entering it).

November 16, 2007 19:20:16 | [Spark]

Hi everybody... I think that over time crises somehow get milder. When I just remember a moment a few months ago, for a period I was like a zombie. I just had the will for the most necessary actions. The rest of the time I just sat, stared at nothing and spun. Then it passed... Now I really feel the energy "leakage" before, and respond with a more intense point 1 and point 2. After that I spin. Sometimes I feel the need (within a couple of hours) to do only point 1 intensely. One more thing, I'm becoming more sensitive to other people. As if I were turning into Batman (joke!), and I hear them better, both their positive and negative vibrations. First I thought they have changed, but they don't – I just feel them more intensely. Once again, bye everybody, Spark.

November 20, 2007 11:36:17 | [mira]

Serena,

My efforts have paid dividends, thanks once again. I have discovered such fundamental vital truths about my family and my husband's family that I am literally in a state of unspeakable excitement... first because of my sadness over the experiences of some members of my family... and because of the discovery that I can do something to save the rest of us ... although I used colors, I imagined the spiral in color, I reached a condition in which I thought that my spinning of the chakras caused the unwinding of a film... a very powerful, credible... genuine film... Unlike you I was brought up in a Catholic family... and my mother is involved in all that continuously.... and yet... I thank GOD FOR BEING ABLE TO ENDURE ALL THAT... and do something to change...

November 21, 2007 11:42:14 | [mira]

Serena,

I apologize for being somewhat of a bore, but at the very beginning of my doing the MERRY MAGIC (about seven days) I felt that I was in a special state:

I have intense feelings of heat/cold

I am excited

a little hyperactive

there is nothing bad about all that, the most precise definition would be that this is like being in love in the first stage when you burn all over and feel a little outside everything, say you have no concentration and patience for others

you seek loneliness etc.

I am older than fifty and it's a little strange, isn't it

I would like you to comment on that condition a little, this is why I wrote

I would like to understand this better

there are not many people with that experience around me

I understood that they do not quite understand me when I tell them about it

As if I were among strangers talking some other language
I talk about this and they talk about something completely different
Where am I
Never mind, wherever I may be I'm doing fine and I am not complaining
Thanks

November 21, 2007 12:29:30 | [Sandra]

Dear Serena,
I read your book and I am delighted. For already a year I have been seeking an answer to the question of defense from vampires because I feel that my energy is being drained, I also knew the person who did it, but did not know how to defend myself... I tried all kinds of protection, but the vampire was stronger. Now I'm doing the merry magic, just seven days yet, I feel my energy is growing, the vampire withdrew and I can breathe. I only feel a wave of anger, fury... After reading the book, I recognized myself as a passive vampire. I wanted to ask you whether it's normal to feel such fury. Before your technique I was fairly sad and depressed. This is a great discovery for me.

November 22, 2007 21:57:06 | [Crystal]

Come on, now first prove that there is such a thing as "positive" or "negative" energy. High/low frequency? And where exactly is the boundary? And who determines which attitudes are positive and which negative? You? Ha! ha!... Come on!

November 22, 2007 10:46:06 | [ana]

I think that the technique has to be applied as indicated by the author, and speculation just makes the situation more difficult

33.

Thursday, November 22, 2007

IF YOU COULD ONLY UNDERSTAND...

Double spiral, physics and philosophy

Today I shall answer your questions – in installments.

Mira first: you describe quite well the condition when we start spinning the chakras. It matches the usual picture. I shall explain some details nobody has mentioned so far and which I therefore did not comment on. *I have intense feelings of heat/cold...* We are cold when someone taps our energy. The body is then additionally activated to overcome that and after some time the effort is successful. Either because the vampire has had his fill and unhitched – that may take a fairly long time. After that we feel heat because the body still works at an accelerated pace in order to restore the temperature to normal values. After the attack has passed, the body gradually slows down and, until it has slowed down to normal, creates increased heat. Or, we can cool down because we have managed to hold our own by applying the "black

sheet/press"; a hot flush follows, but for a short time (a minute or two). The process is very intensive and long at night. We go to bed with socks on and with three blankets, wake up in a sweat, burning. We throw the blankets off, leave one, but keep sweating. If we pull yourself together and apply "step 1", we will have a calm and good night's sleep, and sweating will stop immediately. In the opposite case, in the morning we feel hangoverish, take some time to wake up, and even when we wake up our head feels heavy and our mind slows down.

Why didn't this hot/cold feeling happen before, when we knew nothing about "merry magic" although we were also besieged by a vampire? Because we satisfied our need from somebody else and did not feel such a recognizable cold/hot sequence over a short time. In most cases we stole from our partner and from our children. The last person in the chain is always the one that suffers the most. We have consciously decided not to snatch energy from anyone. We need to respond to vampire sieges in a new way, i.e., by "merry magic" and the associated awareness process. It will take time to "switch over", get rid of our own negativities, resist other people's negativities...

I am excited, a little hyperactive... Everything we have so far suppressed, blocked, held back, frozen... is now moving. It wants to be perceived, overcome, resolved. Hence the described condition. We have set our body and soul in motion.

you have no concentration and patience for others, you seek loneliness... You have no patience for others, of course. That will come later. You are still disoriented, you need to change relations, behave differently toward many people, toward you loved ones. This is to be done slowly and in a specific sequence. The most logical first step that comes up spontaneously is – isolate oneself. And then deal with the issues one by one.

there are not many people with that experience around me ... I understood that they do not quite understand me when I tell them about it... as if I were among strangers talking some other language... I talk about this and they talk about something completely different... where am I...

... never mind, wherever I may be I'm doing fine and I am not complaining

As an answer to this I shall quote *Geometry..*:

What am I implying under "the next dimension of existence"? We live in a world which we experience as three-dimensional and, simply said, we are not happy in it.

The certainly greatest discovery in the past one hundred years – Einstein's equivalence of energy and matter, and his new, fourth "space-time" dimension – did not affect at all the state of consciousness on the planet. Because the average consciousness on the Planet is energy-negative and incapable of grasping what the rare great minds have perceived. My personal and very concrete experience with positive energy could be an empirical-conscious experience of the fourth dimension which Einstein discussed from the mathematical-physical angle.
I think I am describing an entirely different world in which trees, houses and cats will still be trees, houses and cats. But our different understanding of energy and matter can change everything. So far we have understood everything in our world in terms of the struggle of opposites: thesis and antithesis, action and reaction, good and evil, God and the Devil, plus pole and minus pole, yin and yang, light-darkness, particle and antiparticle, man-woman … What do these opposites do between themselves? They fight. That is our way of existence. Struggle.
What is happening when we <u>understand</u> ourselves and consciousness as a double spiral? Because chakras are a DOUBLE SPIRAL, like DNA. This double spiral shows how energy is moving. We are energy. Our world is energy. The double spiral (or double cone) is the basic form of our existence. When each of these spirals (or, picturesquely, each of the spirally rotating cones connected at their narrower end) rotates clockwise, there is a dramatic change in the movement of energy. <u>We have energy always moving in the same direction. There are no opposite directions. When there are no opposite directions of energy movement there are no opposites, there is no struggle</u>. And yet, in their reciprocal relation these two directions are opposite. Understood in this way, the opposite, <u>which is not actually an opposite but an identical sense of rotation</u>, brings these two spirals in HARMONY, in BALANCE. There is no struggle. The way of existence of such a form of energy is COOPERATION. This is precisely what is observed at the psychic level, at the level of consciousness. When two persons have energy movement structured in this way, they spontaneously and always cooperate, there is simply no conflict. In other words, there is no fear. There is LOVE. Even when only one person achieves a sufficiently high frequency of rotating chakras, in contact with a negative person he/she spontaneously gains the cooperation of that person. Consequently lived love spreads light, and darkness leaves. That is the metaphysic of the double spiral - love.

Stay alive and kicking!

(Note: in the years of blogging that followed, and in the almost 10,000 comments – let's say half from the readers and half from me – I saw that nevertheless very few people truly understood the above quotation from the book. So, try! That is

essential!

November 23, 2007 8:55:10 | [mira]
Thank you for your answer Serena, I am probably one of your most eager students – a total eager beaver, probably because I am more than fifty, and because I have become aware and personally experienced of your story as a truth... moreover, I am almost sure that I have also unconsciously and dishonorably permitted energy vampirism to happen and want to improve that while I can... for the sake of those who follow us by reading this I would like to repeat that honesty and readiness to accept the truth about oneself is the basic precondition for this process... personally I have experienced a hundred and one insights and I have the feeling that I am overcoming a world of duality and the developments in it I did not understand... now, with the benefit of hindsight I understand why I am here where I am, why I am meeting this or that person, why did that person give this information, why this, why that... sometimes I feel that information are literally being pumped into my brain, explaining every period of my life. With all this, not wishing to overextend my story, I wanted to describe what can happen if somebody applies the MERRY MAGIC only for a dozen days. But let me come back to the beginning... we need to be ready to the naked truth about ourselves, ready to forgive everyone and everything and give up all expectations, and get to work like a proper eager beaver. I BELIEVE THAT THIS WORLD WILL SOON BE SETTLED WITH MANY SERENAS. Thanks once again and many times
November 23, 2007 | [Ratka]
I am glad to see that Mira has joined. This is a marvelous way of exchanging experience on how the merry magic changes our thinking. It crystallizes something I have always wanted to say but did not know how to. There were very few people I could speak to about my childhood or about the relations in my family, and when Serena spoke about that I knew that I was right when I felt something was wrong. But there is no point in speaking to some people because they are not, as Mira said, ready to face the naked truth. This is why I still, after almost six months of merrymagic-ing, feel the best when I am alone. It's not that I mind people, I respond to calls, but I feel best when I am "in myself". Yet, I must admit, several times I felt poorly. I attribute that to cleansing. I felt that I found it hard to live alone with myself, that I am a split person and that one of us must leave this skin. That happened several times at night. Then I spin my chakras several times and in the morning everything is alright. I am not discouraged because I can't "cleanse" my whole life over such a short time.
Cordial regards to everybody
November 24, 2007 11:47:21 | [Old Sun]
I am also very happy reading about other people's experiences, and especially when I see that others also feel a need for isolation. I have really drastically cut down my social contacts. Company simply does not suit me, and I have made it quite clear to many of my friends that I am momentarily not in the mood for socializing. I have no need for people as I used to. Their draining me at work is quite enough for me, and I don't need, on top of that, "friends" in the search for a shoulder to cry on. I can't help them just as they can't help me. It's just that they don't know it, and are not ready for any explanation. I don't want to be exposed to negativity more than I have to, and so I am alone and enjoying it. For example, I feel no need whatsoever to see some people from my partner's family. Do I have to, just for the sake of propriety? Humph, no, no I don't! Nice regards.

November 28, 2007 11:40:40 | [orca]

Dear Serena, I have been reading the book and applying it (only one month so far)... I know I'm just at the beginning and that true results are yet to follow... I see you write about the application of the pendulum... as a kid I used to play with it, so far I have never taken it seriously... now I'm a little afraid (too strong a word – I am not really a chicken-hearted person) to use it and check myself...

I am surprised by perceptions which I am experiencing slowly, one by one, sometimes I am little impatient, as if I could hardly wait for what will happen next, and yet a part of me seems to be saying "calm down, take it easy, there's a time and place for everything". I am impatient when I see that all my "problems" are actually no problems, all but one, and I never, even when using the most vivid imagination, manage to fathom how to "positivize" someone who seems to be "vampirized" strongly and for a long time and who is very important for me and I love that person... the person in question is my mom, and moms are loved "by default". Maybe I am also very afraid for her, maybe even somewhat angry, aware that she probably drained, to a greater or lesser extent, me and my dad for almost three decades... I think I can control my anger, I think about that and I am aware that I have managed to do that... I believe that the issue will be resolved, but what I am to do with Her? Should I keep aloof? Should I turn a deaf ear to her verbal negativisms (there are probably as many as her energy negativisms)? Or a third course of action? Other than magic? Regards.... (Note: I answered this comment somewhat later in a post. S.A.)

November 28, 2007 17:05:55 | [leeloo]

Dear Serena, thank you so much, really so much for this blog and for everything you taught us there. Since I don't live in Croatia, I can hardly wait for your book to arrive soon. I have a dilemma... That is, I realized that my parents are in a classic vampire relationship... with my mother being the vampire and my father a so-called energy donor. Since I have also been applying merry magic intensely only for two months, I wonder whether it would be too early to try and explain to them to start applying it, too. I am very concerned about my father because has been totally exhausted for the past six months, he sleeps almost the whole day long, he is extremely depressed and does not participate in conversation when we meet (I am married and I don't live with them)... my father is a diabetic and on insulin for years... Thanks in advance, a future mom

November 29, 2007 12:14:21 | mindpositive

Leeloo, *Geometry.*… cannot be explained in a few sentences because people don't want to accept that cognition. It would take a whole book of arguments to make some people understand what the book is about. Therefore one needs to arouse their interest in reading the whole book. That is the only way to make them understand and, after that, proceed to worthwhile energy-focused work, to make them know and observe what they are doing.

November 30, 2007 13:23:21 | [name]

I was walking today near the cathedral, doing the merry magic as I walked and carrying *Geometry*, when a BMW X or a tank like that whizzed by, with ZG*ALBA on the license plate... and in the tank a looker, cute, blonde, with a little hat, and I thought "look at her..." and almost jumped under the car, but that would have meant a left turn...

Of course I am reading that book...

... after having read tons of lazarevs, brennans, besants, sherwoods, slavinskis, budaks, crowleys, of all kinds of medieval and modern esoterics, hermetics, wizards and bla bla bla...

I read and spin...
but, dear author, what to do with the capacity to observe the field? is it fit (for reasons other than your profit, of course) to make your book a gift to my parents, lovers, brothers and sisters, friends, colleagues, one after the other...? especially to people we feel to be in the same groove? Hi

November 30, 2007 19:24:01 | mindpositive

I don't like BMWs. And that was not me, trust me. Attaboy for doing the merry magic while walking! To make everything clear right away – I am a brunette and don't wear little hats, I don't have a lady's guard with a little hat... As regards avoiding a jump on the tank by a right turn, I keep repeating that the clockwise direction takes care of everything, you see that yourself, it never fails...
You have understood the difference between all the authors you listed and *Geometry*... and that's in order. You will never see the field as one sees something with one's eyes. Your body and your mind are the organs for observing the field. When your body feels it's being pinched, pricked, gripped, when it feels cold or pain – you've noticed a negative field. When your mind falls asleep, wanders from the here and now to who knows where, when you get nervous and confused – you've spotted a negative field. Altogether the condition is called stress. And then... yes, please, the "merry magic". When your brain works like a clock, when your face and your eyes are smiling, when your body is relaxed and so strong that you could pull a truck – you've noticed a positive field. Noticed = experienced. The observer and the observed are one and the same thing – you've seen that definition in many different places. Now you know exactly what that means. I would like to make a fortune with *Geometry* for two essential reasons: I would have lots of dough and the world would be full of positive people, and that would make my life more luxurious in every respect. When you give *Geometry…* as a gift, this is the essential point: don't feel obliged to

- to explain
- to praise
- to feel you need to help that person

but
"Surprise! A book (again) this time!"
"What kind of a book is it?"
"Read it and you'll see; books are made for reading!"

After a month there comes the same guy and tells you he has a problem. And you stop him right there and ask: "Have you read that book?" "No", says the guy.
"Well, you see, I can't solve your problem, and I'm not going to hear about it", you cut him short.
"And what has the book to do with that?" by chance the guy manages to connect the two.
"If you read it, you'll know, if you don't, you won't... And did you really mean it, that trip to Vienna to that concert on Saturday?" you cut in with a new subject without hesitation.

December 1, 2007 19:47:23 | [name]

Dear Author,
you are right about everything :-)!
I was glad to hear you're a brunette, I'm fair-haired, in summer.
I would not have ended up on this blog, or upon *geometry* or all those tons of books if I had not

been seized by the ‘spontaneously’’ visual, optical observation (that is, by my EYES) of the human field, i.e., of those shifting, floating clouds, those balloons round the neck and body of an individual, all sunk into that shining mantle, or aura or whatever, every day I have more and more questions, and even get quite a few answers, and even more exciting is the fact that all this universe throughout cries to be discovered.

....

and, in the search for answers and explanations of my countless questions, including among others the question about the field (aura), on its structure, mode of functioning, its interaction with the environment, its existence outside the known and the acceptable, on the ways we can constructively influence it ... something unrecognizable and incomprehensible became clear to me, something but actually very little

....

I came across the thesis about the analogy of the observer and the observed about ten years ago in some philosophical and physical (Schrödinger’s cat) treatises and that did not take me away from total confusion. Today I am no less confused, but every day I am cheered up by the broader perception and conformation of that unity in the million minute and otherwise imperceptible details, concerned by the growing energy pollution around us and in us, so present and so obvious, and it seems that nothing good will happen in that regard. “Fall” is the tendency, but there is also something in the fact that my total concern turns into indescribable happiness because of the very perception that we still have a chance, that I, in spite of everything, in spite of the fact that I am “sinful and fallen”, I have every day, every moment the chance to “turn the direction” :-)). I am as concerned as I am happy, and all I now have to do is to drive away this concern and let happiness prevail.

December 2, 2007 19:24:01 | mindpositive

“Name”, since we hear from you so much you might as well come up with a nickname.

Really, with our eyes, when we focus them a little, we see a whitish, transparent energy cloudlet around everything that exists (not only around plants and other living beings up to man). We see how this energy form flickers like fire, how alive and dynamic it is. To me that was also a confirmation of the existence of energy. But I got no other information from that phenomenon, so I thought, read, observed, observed, thought again... and wrote *Geometry*...

December 2, 2007 20:57:14 | [name]

At any rate, dear author, your position inspires hope.

34.

Saturday, December 1, 2007

Rage

Today we’ll talk about rage because many of you reported feeling rage when you set energy on motion. Is that controversial – rage along with positive energy? Rage allegedly belong to negative emotions. I almost wouldn’t put it there. Why? Because rage is necessary self-defense or, to be more precise – an information that we have

been energy attacked.

This is how I start my answer to Sandra's question of November 21. Since that was a long time ago, I shall quote the question:

For a year I have been seeking an answer to the question of how to defend myself from vampirism because I felt that my energy was being drained, I also knew the responsible person, but did not know how to protect myself. I tried all kinds of defenses, but the vampire was stronger. I have now been doing the merry magic, but only seven days, I feel my energy is growing, the vampire has withdrawn and I can breathe. It's only that I feel a huge wave of anger, rage... After reading the book I recognized that I was a passive vampire. I wanted to ask you whether it's normal to feel such rage. Before your technique I was sad and depressed. This is really a major discovery for me.

This is really a significant and complex observation that has become possible only after the application of "merry magic". Sadness gave in to rage. And that is good. Why, you ask, you who observe good manners. The feeling of rage is inevitable when someone is draining your energy. That is the first response to the danger and a warning – "run or attack". This is indeed the first level of existence we share with animals. In most cases we are not satisfied with ourselves when we feel rage, because that it not civil, it is not polite. That's what they teach us.

What do we do, then? Suppress rage into the unconscious, we do not run, do not attack. And what happens? We become depressed. Because we are unprotected. Because we are at the mercy of the energy attacker. Because we have remained without energy.

When Sandra activated her positive energy, the first thing that happened was her growing energy field, and she was not sad any more. But, quite naturally, she is enraged. Because danger is still here. That's why rage is still here. Sadness is suppressed/hidden rage.

However, rage is also necessary and useful because it is the information that we are in danger, and the sign to start activating our self-defense. If we are an animal, we shall attack or run. So far man has not invented anything better than hiding-suppressing rage. Some people channel rage into attack, into aggression. Nobody is happy about that. Neither the attacker nor the attacked. Some very endangered people will never physically attack the person threatening them, but will therefore shout, swear, yell. Small children scream and cry, the parents think for no reason at

all but because they are spoiled. No, they are not – that is the reaction to a danger nobody sees and does not understand, reaction to the negative energy with which someone is stealing the energy of the screaming child or man.

With the "merry magic" we have a new option. We don't have to attack or run. We don't have to yell or to curse. We simply stop the negative energy ("black sheet", "press"), and activate positive energy somewhat later. Rage then disappears spontaneously. Because it is not necessary any more. The defense is activated, the danger neutralized, at least for a time.

Now, with knowledge gained from *Geometry.…* and with the skill acquired with the "merry magic", think about the rage which you recognize. Who is the object of your rage? Well, now, this person is stealing your energy.

One basic rule – do not suppress rage. Suppressing rage has caused great misfortunes in our life. You are now in a "transition period" and you will still feel rage for some time. You are entitled to that. While you feel rage, observe it, apply the "black sheet/press", and keep observing. While you feel rage, you have not neutralized the person that is stealing your energy in that moment. As soon as you have stopped the negative energy, rage will disappear. Don't be ashamed of rage. If necessary, yell at anybody who deserves to be yelled at. That has always been a more or less successful method against vampires. Then apply the "black sheet/press". After some time, when you have acquired skill in applying the "merry magic", and even later, after you have cleansed yourself of your own negativity to the extent that you have become inaccessible to vampires of all kinds, you will no longer feel rage. But do not, by force of habit, yell at the wrong person, the one weaker than you, whom you vampire. That is a bad discharge of rage, and then you begin to vampire a third, completely innocent person, weaker than you, and you feel the courage to vent your rage on that person, because in that context, when you vent rage on a weaker person that has not attacked you energy-wise, you are vampiring that person. You need to yell at the very person that is stealing your energy in that moment. As a rule that is somebody that is dominating you in one way or another. However, often it is not possible to yell at the right guy because the person is not in the same space with you and is vampiring you from a remote location. (Note: later on we shall slowly learn how to recognize, as accurately as possible, the person that is vampiring us momentarily. Because in *Geometry...1"* you learned which persons – in your family and your environment – are almost certainly vampiring you, and continuously on top of that. In order to stop negative energy as efficiently as possible, you need to determine the momentary vampire/s as accurately as possible. Remember, the "black sheet/press" will also help you in that.)

When we are sad, we think that is something of our own doing, that we are weak and done in. Even the other person, the one stealing your energy in that moment, has no reason to think that something in your relations is not good, or that he/she behaves badly. You are sad, "it just came out of the blue, that's written in my horoscope", thinks everybody. Nobody changes anything in their relations, nobody understands anything, the situation deteriorates to horrendous proportions. This is the way our lives pass when we suppress our emotions, when we suppress rage. Essentially we are insincere and hypocritical. And that is one of the basic results of what we call culture, civilization. We have politely swept the garbage under the carpet. Well, maybe even that is better than rampant aggression but, as we see, not really over a long term. The time has come to deal with that in a different way.

With the "merry magic" you got the courage to feel rage. Now you need to learn how to detect, accurately, who provokes your rage, and how to eradicate it in a totally new way – not by any outbursts or any suppression, but by stopping negative energy.

Stay alive and kicking!

35.

Sunday, December 2, 2007

The cognitive process and positive energy

The regular readers of this blog have noticed that I publish my posts less frequently, and sometimes a longer time elapses before I answer a question. I have already said that the reason lies in the fact that I am going to be busy with some other matters for some time, and don't have much time for the blog. Although I think fast and write fast, these texts and answers to questions require serious commitment and time.

So, you click on this blog and there's no new post or a new comment. Never mind, since you want to read something from me, don't give up.

Click on the archive and, at random, on any post. Since last fall, after I completed the publication of fragments from *Geometry…*, I have been publishing new texts. And, as I said for the book – read this at least twice. Why?

Your questions show that you have mastered a part of what I have written. That's quite alright. The things you have matured for "are catching on", you understand to the extent your mind is positive. As your mind runs more and more "on positive energy", you can understand more. By means of my texts and the "merry magic" you can understand yourself and the world. But if you return to the already read text, you will find thoughts you have missed, you will find examples which will help you, like a trigger, to deal with your actual situation. In your first reading these examples flew through your mind and you have already forgotten them, or failed to understand them in the way that also regard you. You will see that even an apparently casual "click" will often take you to the very text that will inspire you. Look at the comments under the post as well. There we have also written a lot, you and I.

When you "grow" positive energy your cognitive capacity develops at an accelerated pace, and only then it is possible and creative. True understanding is an extremely essential element of release from all negativities. Cognition involves ideas, thoughts stimulated by positive energy but also by ideas and thoughts about which I write. This is why it is good to "refresh knowledge".

Stay alive and kicking!

December 3, 2007 17:43:24 | [EQUILIBRIUM]

Dear Serena! In one of your comments you wrote that in your youth you walked stooped, and now you say you are upright. Does that mean that you have actually added an inch or so to your height? I remembered this when I recently met, in a bus, a person who knows me since my childhood and hadn't seen me for some months. She was surprised to see me, as she put it, somewhat taller. I measured my height when I got home: I had "grown" more than half an inch. Is that possible? I mean, I never had a stooped stature, quite the contrary. Very early on I straightened my spine with various corrective gymnastic exercises, and even now I regularly stretch and twist. I have been practicing the merry magic about half a year. You answered me, once, that the spine takes a longer time but, please, encourage me again. Can the pain be the consequence of release from the spasm of the muscles in my back, and I can look forward to a brighter future? Thanks!

December 3, 2007 19:02:16 | mindpositive

Equilibrium, you described everything well, and the same goes for your conclusion. My spine is still undergoing the process of correcting and straightening. As soon as I feel even a short grip of negative energy (and that happens), I double up right away. I activate my chakras – spontaneous correction. If you feel pain in your spine in spite of continuous exercise since childhood (if I have understood you well), or if you feel pain in the muscles along your spine when you spin the chakras, the answer is the same: this is the result of stored negative experiences and emotions, and the pain will cease if you regularly spin the main chakras but also those "installed" next to the painful sites. This may take even more than a year for some deep spasms in the tissue.

There are people who are not stooped but STIFFLY upright ("coathanger shoulders"). They also suffer from spasms in the spine and shoulder muscles because this posture is also a sign of emotional problems, issues suppressed into the unconscious, and all that is the result of negative energy. The difference between this posture and a normal upright back is recognized in the movements: a person with "coathanger shoulders" does not move his shoulders and torso. He was told to be upright and he achieves it by stiffness. This is just as bad as a stooped posture although it reflects a different character.

December 4, 2007 9:01:42 | [EQUILIBRIUM]

Thanks! That's it – coathanger shoulders! Of the type "I can do it on my own", "only the weak cry" and similar nonsense. That is why I cheer myself up with a "mantra": RELAX AND ENJOY! This is probably I long for dancing so much because dancing means flexibility, movement, relaxation, DELIGHT. All that but not stiffness, static quality, resistance. I think (how about that, again from my head!) that my children are my best feedback: they approach and hug me at an ever increasing rate (and they are not little children any more, when hugging is usual). I hope (this one from the heart!) that this does not mean pity (God forbid, only the weak need something like that !!!) but, rather, that they feel well next to the RELAXED me.

In order to avoid walking around with "coathanger shoulders" I activated and loosened up my spine and limbs. Now I have spasms in my arms and legs. Could I have overdone it, carried away by enthusiasm, and now the torpid limb muscles are reacting with spasms? A few days ago a contestant in "Dancing with the stars" declared he didn't know that spasms in his legs could hurt so much. They do, indeed, and I am a little scared. Must every relaxation of a spasm be so painful? Sometimes I find it difficult to keep optimism and faith in improvement, and again I need some encouragement. Yet, on the other hand, I feel that "fresh" problems (that is, not those accumulated over years), such as the bruise when I hit my shin against a chair – pass after the spinning of chakras much faster than before (even without a special focusing of the chakras on that very spot). I would so very much like to relax and enjoy perfect health! But who knows what I still have to understand and change. Nice regards to all the folks reading and writing and, please, give us your comments, especially if you have scored a victory, so that we can also persist.

December 8, 2007 22:55:13 | mindpositive

Equilibrium, spasms in the limbs after energy begins to flow freely along the spine are quite an expected phenomenon, except – possibly – in very young persons. You did not overdo it, not at all. And those spasm really hurt a lot. Install a double chakra exactly at the site of the spasm and you will see that the spasm will be relieved and hurt less. Spasms can also be provoked by somebody else's negative energy (then it plays the messenger role), but they are nevertheless yours. And there is no other way out but to deal with them one at a time. You can also have spasms in your toes. After some time you will notice that you walk more easily, your gait will be light, and you'll hop, skip and jump like a goat.

As regards the bruise, it is true that it passes quickly, and if you installed a chakra immediately after the hit and spun it a little longer (half an hour, say), the bruise would have been much smaller and would pass even more quickly. The same holds true for burns.

Your health will keep improving all the time, and in medical terms you are, perhaps, a hundred percent OK; but there will still remain a fair amount of cleansing of old spasms, and bad human relations – problems of which you were not even aware.

In this phase, and you are now in it, we are much more relaxed than ever, but neglected and

unresolved problems will keep surfacing from the depths, and we shall often have the impression that we could also use a break, however small... and the problems will then be solved... And they are being solved, but you are so to speak constantly involved in the process. Learn to enjoy the process even when you find it strenuous.

36.

Monday, December 3, 2007

Candor (until it hurts, to hell and gone, to the hilt)

Orca's comment in the post of Nov. 28, "The double spiral, physics and philosophy" is next. Orca says:

I am impatient when I see that all my "problems" are actually no problems, all but one, and I never, even when using the most vivid imagination, manage to fathom how to "positivize" someone who seems to be "vampirized" strongly and for a long time and who is very important for me and I love that person... the person in question is my mom, and moms are loved "by default". Maybe I am also very afraid for her, maybe even somewhat angry aware that she probably drained, to a greater or lesser extent, me and my dad for almost three decades... I think I can control my anger, I think about that and I am aware that I have managed to do that... I believe that the issue will be resolved, but what I am to do with Her? Should I keep aloof? Should I turn a deaf ear to her verbal negativisms (there are probably as many as her energy negativisms)? Or a third course of action?

A well-located and well-dimensioned problem. And that's all I can say. When you ask me such specific questions related to behavior and resolving relations with other people, in most cases they are convincing, clear but with an insufficient amount of data for a serious and responsible answer. Apart from that, these questions are an excellent indicator that you are beginning to understand what is happening. Writing about it all is good for you, and that is why you are formulating your situation more clearly.

Therefore, the insufficient amount of data (and actually there cannot be more because the space available for comments is limited) is the less important reason why I can't give you any answer. The second, more important reason is the fact that only the inquirer knows the answer. And he will know it when he matures for it. Who knows how many times he will fall – that is his choice, his road. As he falls and rises again, the inquirer will learn something and, if he persists, will learn

everything he needs and find his answer. And if I hint at an answer to such specific questions, the inquirer will rely on me and shift the responsibility to me, and later on do the same with guilt: yes, guilt, because he will have learned nothing or resolved anything.

Therefore, I am not here to give you specific solutions for all the varied life situations. I have outlined the patterns governing the action of positive and of positive energy. I have told you life stories in order to illustrate that. In some cases I gave you instructions on how to behave. Positive energy really enables your mind to understand, to perceive, to be creative. And that is why the answers to your questions – are your own answers. The winning combination reads – PATIENCE/PERSISTENCE.

I am giving you another set of instructions in order to illuminate your path. And when Orca says "I think I can control anger" I shall say the same words I used when speaking of rage – don't control rage. Be angry, but not by rewinding, for days and hours, angry monologues in your own head or dialogues with a friend. Negative energy is built that way. Instead, when you get angry tell the person involved off to his face THEN AND THERE. Holding nothing back. And the person in question will either tell you something that will cool you off and you'll understand that you are not (quite) right, or you will understand that you are right and the other one will give in. Or you will both understand that the conflict is first and foremost RIDICULOUS.

In this way you will make a step further in a direction. That may be a wrong step, but when you activate the dynamics of CANDOR you have an opportunity to change steps and get somewhere sooner or later.

When you mull over your thoughts in your head, anger only grows (we think we're controlling it), and that necessarily leads to the growth of smaller and bigger vampires, victims and semi-victims and who knows what else, and nobody is budging. Everybody remains entrenched in his own trench. Life stands still and gets moldy.

The "telling off to somebody's face" is literal. Without taking any edge off, without any mincing of words – just candidly until it hurts along with all the rude words that come to your mind at that moment. Even when mom and dad are present. You are an adult person but you will never find that out if you're not candid. You may be right, but you'll never be sure of that unless you are candid. If you are afraid to be totally candid toward that person, we have reached the core of the problem: we said

“either love or fear – where there is fear there is no love”. Then you DON’T LOVE that person.

If you feel like patronizing and are afraid that your candor (note the essential difference between CANDOR and TRUTH, the two are often confused) might HURT the other person, we have again reached the core – you are afraid. You are afraid, so you don’t love that person. This is why you do not protect persons – with lies and silence. That’s no protection, just fear in all directions. We reach the root of the problem in a second. After that matters might be simpler than you imagine.

But practice the “merry magic” regularly, it is the shortest route to love. I can’t repeat that too much. If you’re only brooding, that’s bad.

I am no contradicting myself if I say the following as well: don’t rush with this behavior until you feel that you can do it. You will feel it, don’t worry, and everything will proceed smoothly with no effort. You’ll feel it when you will have enough energy just for that situation. It will come. Observe yourself, be aware of yourself through observation.

Altogether, this is “wearing one’s heart on one’s sleeve”. All popular sayings are not quite wise, but this one certainly is.

Stay alive and kicking!

December 12, 2007 14:46:45 | [Bumblebee]

And now, what about the third eye? Is the activation of the third eye “normal” after practicing the merry magic for some time? I have the impression that it is opening slowly (I’ve noticed that over the past two or three days)!?

December 9, 2007 13:55:18 | mindpositive

The third eye is the frontal chakra. When it is activated, our intuition improves. In the simplest possible terms, intuition can be described as being in the right place at the proper time, and responding properly to the situation. Second sight in time and space, and other manifestations, are not essential because we have to mature mentally and avoid turning this into a comedy and farce.

In a way, maturing can be described as an even, uniform activation of all chakras and their harmony.

In some people, for who knows what twist of fate, the frontal chakra is activated, while the others are not, or turn out to be negative (because they know nothing about positive and negative energy), and their prescience is used in many bad ways, because they are not balanced and their energy is not positive; in fact, the frontal chakra is reinforced, but the vampire way, by a negative vortex. This is why the vision, and especially interpretation, are incorrect in most cases.

37.

Wednesday, December 12, 2007

The “head” vs. the “heart”

With her comment in the preceding post Bumblebee stimulated me to wrote the text below.

I also wrote “wisdom of the heart” somewhere, and maybe I just sustained, with this terminology, the confusion advocated by those that say “one should listen to the heart and not to the mind”, especially in love but also in other issues. In the world of negative energy, and that’s the only world we have known, it is precisely this instruction that dots the “i” of the total confusion which surrounds us.

Maybe you will not understand this yet, but I am nevertheless going to say it: the basic difference between our experience of ourselves when we are energy positive and when we are energy negative (this refers to the people who have read and understood my book and are practicing the knowledge) lies in COGNITION. You have quite exactly observed that you UNDERSTAND better and better, that you know what you do not know and that in the next step you begin to understand the unknown, more and more until you understand, perceive a “thing” completely. Your understanding then covers the next field, and so on and so forth.

COGNITION is the basic category in your progress, it is more and more certain and never imagined. In that process you know what you don’t know, but as you proceed the area of ignorance shrinks at an ever increasing rate.

When I say “knowledge” I mean the understanding of the essence of phenomena, yourself, your surroundings, your job, you professional specialty, and, of course, human relations. I never have in mind the mere accumulation of data in your memory usually understood as “knowledge”.

This is, let’ say, progress in the quality of cognition.

And, I think, this is precisely how we need to anticipate HUMAN progress, that is, in the QUALITY OF COGNITION, because COGNITION, understanding is the key category distinguishing man from all the other beings on the Planet. And when

you really understand anything, that is not the cold understanding of a robot or sentimental slobbering over anything (or anyone). You recognize and observe in YOURSELF your progress in the positive energy process and the growth of your positive frequency.

And then your understanding of LOVE (there is no contradiction in that syntagm) changes completely, and so does your experience of love. I wrote more about that in the last chapters of *Geometry*... and then there is no more a matter of either the heart or the head, or either the sense or the mind – as we often hear in our culture, so that the ”route of the heart” is what the heart has chosen, more valuable, and should be preferred. Totally wrong, because then the heart is dumb, and the head without love, and you'll make a mistake whatever you choose, as you have often seen in choosing your partner. It is only when the head and the heart, the mind and the feelings are united, on the same track, then the quality of life is the right one, and the choice is not difficult because we know what we want, we are determined. There, that would be the “wisdom of the heart-love of the mind” in the context of positive energy.

Stay alive and kicking!

December 17, 2007 10:28:54 |[Equilibrium]
Are homeopathy and/or acupuncture OK help we get from someone else, but actually activate our own defensive forces? Thanks!
December 17, 2007 11:28:28 | [mindpositive]
Equilibrium, homeopathy and acupuncture are OK because these are methods that do not require entering in a particularly meaningful energy relation with the therapist. They have a long tradition (which in itself is not sufficient, but it is good), a professional system for the education of physicians and therapists barring the involvement of quacks.

All the techniques of hand laying, massage and the like, where the therapist manipulates – by definition – with your energy field on a one to one basis need to be avoided. I assume that is clear from everything I have written so far. If it is not, ask.

At first sight massage is good, it obviously relaxes. However, just imagine how much energy a masseur needs every day for his work! He does not know how to get energy because he knows nothing about positive and negative energy, or about the creation of energy. Thus, owing to circumstances the masseur lives on the energy of his clients. That is why I do not recommend masseurs. Partners are good for mutual massage – exercise and learn – there are also books on massage.
December 1, 2007 13:28:20 | Spark
I read it twice, I need to do it again. The first time I actually devoured it, even skipped some parts – I found them tiring and momentarily inessential - and I hurried to reach the parts that intrigued me. The second time I read it almost as a new book, and it's dog-eared throughout. There are still

parts I haven't read carefully. On the other hand, there are also parts I have read several times... Otherwise I am fine, physically everything's OK. I yearn for some more clarity in my thoughts and, yes, for Humor with a capital H. I am more sincere, fear fades away. Some people have (almost) disappeared from my life. Some essential relations have improve drastically, and new persons have entered my life. Stiffness like Equilibrium's is slowly receding, and I feel like dancing? So much from me this time. Bye!

December 17, 2007 15:39:43 | [Oak]

Take two :-) Weeelll, my impressions are like Spark's, it's just that my energy sometimes oscillates and I don't know where I am. But my mind is faster, clearer, fresher, more rested. The situations unfold more quickly (yes, that's the way I'd put it) than before. As regards people... here not everything has been resolved. Matters are sorting out, but there is still a lot left. Nevertheless, I keep working on it, and I am more than satisfied with the results after seven months of work and perception.

December 17, 2007 22:05:25 | mindpositive

I am really pleased to hear news about your progress. Right "according to plan". Be patient and persistent with the application of *Geometry…*, that's important... because after understanding everything depends on that. I am glad that you understand more and more. Although I anticipated that. I also hope that others that do not make themselves heard, although they read this blog, and their number increases day after day, are also experiencing a similar transformation.

I am also pleased to see that you are now confident that the book really needs to be read several times.

December 18, 2007 1:21:38 | [Thumbelina]

Name, I'm delighted, but I have the impression that you could know all the answers your questions yourself, because they are written in the book or on the blog. The answer is clear - merry magic and activation of energy, and persistence, persistence, persistence. Noninvolvement in somebody else's territory, i.e., energy. I have long considered the author as a teacher – whatever she may think about it. I would also like to get confirmation of whether I am working well, does my energy grow at checkup, but, there, I must listen to myself and be persistent, persistent, persistent... persistence leads to acquiring habits. Now, in the morning when I wake up i do the merry magic and spin my chakras while still in bed, and then get up and face the new day. My major problem is smoking which will gives me great pleasure. When will it stop to please me????

December 18, 2007 10:14:37 | mindpositive

Thank you, Thumbelina for the answer you gave Name. It's completely exact. And sufficient. You need a positive mind enabling you to have this DIFFERENT AWARENESS which I wrote about again two posts ago. And a different awareness stems from the EXPERIENCE of positive energy and not from logical juggling with old arguments (such as practiced persistently by Name).

Thumbelina, you will still enjoy cigarettes for quite some time. I think you'd best stop when you spontaneously get the urge to do that instead of wrestling with the problem now. I know this sounds heretical, but I think that damage due to cigarettes is a minor one as compared with the damage caused by negative energy. I went to a doctor once for a checkup and he looked at my lungs, and he said "you are not a smoker, certainly, your lungs are alright although they could be

a little better". And I am still a smoker. I am not advocating smoking, I just admit the fact that I enjoy cigarettes, especially when I am subjected to negative energy. You can't wage all your battles at once. In my case, the battle against smoking still awards its turn.

December 19, 2007 15:50:38 | [kiss]

Serena, first of all thank you ever so much for your beautiful story! I got the book a dozen days ago, and I am just reading it for the third time. More precisely, the second time, because the first time I devoured it :-)) I am a passionate reader and I have read an ocean of books in my forty-odd years, but strange things happen when I am reading this book: during the second and even the third reading I discovered not only new details but also paragraphs I hadn't noticed before!

I feel like a little girl in a toyshop who got the opportunity to choose whatever she wants, provided, however, she puts it all into the basket, and now excitedly grabs everything she had been dreaming for such a long time!

Being professionally a mathematician, my analytical mind first chose the "merry magic" in that shop, because that was urgent and could not wait, and the rest also can be enjoyed countless times later on!

December 20, 2007 12:15:06 | [Bumblebee]

There, I have noticed that I sing better. Almost incredible. Season's greetings to all my friends on this blog. Your lady-bumblebee!

38.

Sunday, December 16, 2007

That's what I'm asking you

I also have a question: has anybody else read *Geometry* twice, and what can he say about it?

Do I love a brief post! Brief and dangerous! Why are there no smileys on the menu to boost the impression?

But my question was serious!!

Stay alive and kicking!

January 7, 2008 12:221:29 | [Humptydumpty]

Questions, questions: true, over the past few days I've had fits of anger, not any specific anger, just like that, I'm really angry, and I spin chakras often. I felt like giving everybody a piece of my mind, and I did that in some cases, and that makes me think "where is that good woman"? Probably I am now swinging from extreme to extreme, and how will I establish balance? And I like to be good?! And now it's also difficult to tell people some things when I kept my mouth shut for years and they thought everything was OK...

... one more thing: if I spin my chakras on the (chronically) sick organ can I expect any reactions, I don't mean pain but tension and something like it?

January 7, 2008 13:05:36 | mindpositive

Don't be "good" any more, Humptydumpty. This is a phony picture we are building because we want to please others. Just go to extremes and tell them off. This is the time for candor, and candor is not a halfway thing by definition. Let the others manage, that's their problem. When you let anger appear, and you are doing the "merry magic", it is usually the sign that somebody is vampiring you. What is essential about anger is that you should focus your anger on the person who has provoked it and not on third persons, in most cases your children or partner. If you vent your anger on the person that has caused it, that is defense at the level of manifestation. If you vent it on other people, that would be mere vampirism. Always work out anger at the ENERGY level, that is essential. In that case, try doing only "step 1" for a time in order to stop negativity as efficiently as possible, your own and somebody else's.

When you install an auxiliary chakra on the sick spot/organ, you can expect a) relaxation on that spot, b) mild pain and constriction (tension) if the problem is a "medium" one, c) severe pain, when the problem is a big one – in most cases when there is a suppressed problem, memory or the like, and this may generally be manifested as headache (possibly general tension, nervousness). Pain a) and b) stops when you stop spinning the auxiliary chakra. Deal with pain c) in your own fashion; you can't control it a lot, possibly you can only do "step 1" in order to alleviate it as much as possible, but it will go away after a couple of hours, and then you'll feel just fine. Variants a), b) and c) can pop up for a fairly long time until the site/organ is well again. Generally speaking, the pain is every time a shade milder, and after some time you will note that the organ serves you better, that it is functioning better. (Note: when you learn the "black sheet", and then the "press", in cases a) and b) pain will stop in several minutes – which goes to show how much more efficient these techniques are. Yet, one could only start with the "sword" and thread tying, and I still stick to that).

January 7, 2008 13:16:40 | mindpositive

Humptydumpty, was it you that reported a thyroid problem? The thyroid, i.e., the throat zone, is affected because we don't pronounce words. We stop them, in our throat. And why do we stop them? Because someone is vampiring us, does not want to hear our truth, and that way trains us to be outwardly "sweet and gentle". Thus, we duly fulfill someone else's plans (parental plans) and not our own.

Already in childhood we suffer from sore throat, later on we have our tonsils removed, the thyroid does not work, the voice is hoarse, weak, later on we have the fusion of cervical vertebrae, spondylosis... What do you know!

Speak up, folks! How will others know how to behave toward you if you don't speak? Speak about what you think and what you feel!

Even if you get a retort, well, we're all human, we'll work it out.

If we do not speak, we cannot agree on anything.

January 7, 2008 13:44:08 | [Humptydumpty]

Sure, I'm the one with the reported thyroid... I am really trying to speak up, but sometimes I simply cannot and cannot... even when I say something it's not the right thing... and think I think about what I should have said and get entangled in negative energy... but thank God for you and thank you for being what you are... and now I'm setting off toward new victories... slowly but surely...ciao

January 7, 2008 13:52:10 | mindpositive
Humptydumpty, your “I just cannot and cannot say it”, and yet WANT to say, means that you haven’t got the energy to have it your way. Don’t get nervous and don’t tyrannize words. As your positive energy grows, such situations will become less and less frequent. Usually it is the person to whom you cannot say something – and yet want to – that takes away your energy.
January 7, 2008 13:52:10 | Old Sun
Dear Serena, I have to elaborate on your comment regarding Humptydumpty’s “be or not be able to say what we want to say”. I DID NOT speak most of my life, what a good child, wasn’t I, :-) And I BEGAN TO SPEAK after I started to do the “merry magic” and after I surfaced from the deepest negativity. In most cases I SPEAK with my mother when she starts to “squeeze” me – before I used to remain silent, but now I snap back – I give mom her due, whether she likes it or not. That’s that – you are talking precisely about that – and I can truly say, on the basis of my practice and my experience - THAT is THAT! THANK YOU!
January 7, 2008 16:38:39 | mindpositive
Thank you for your comment, Old Sun. Every positive experience is important for us after we get our positive energy going.
Let’s add to that the happy-end of talking and being angry: After new relations are established, and after you have begun to freely express your anger and say what you think, you will start to talk normally, reasonably and nicely to these people. Because they will no longer dominate you, they will stop stealing your energy – that is, you will no longer let them do it. Along with a transition phase: anger on one occasion, reason on another.
Or discontinue all talk for a shorter/longer period.
January 7, 2008 19:11:16 | mindpositive
Name, I have already said many times that the capacity of understanding (anything) is directly proportional to positive energy, that is, to its frequency. If you don’t understand something, remember your question, repeat it to yourself now and then, but don’t press the issue and think that you must know the answer right away. The answer will come when you have enough energy to be aware of it. Sometimes this will require some additional reading, but intuition will lead you to the necessary books or web sites. Don’t read everything like mad. Intellectual activity requires a terrible amount of energy and if you forcefully insist on cognition or answers, you will start vampiring around in order to procure enough energy (because you’re not paying enough attention to “merry magic” in order to create your own energy), and then the answers which you got by pressing the issue, by using negative energy, will be wrong.
The creative process in science and art has been described a long time ago even without energy insights: formulate your question/goal clearly, and then rest and/or collect new information and wait for the answer. From a phase of initial progress you reached a phase in which you feel the negative energy in you and around yourself much better, you have a “hangover” because of it and that affects your understanding. Give yourself time and let your energy stabilize, and then you’ll begin to understand this or that.
January 8, 2008 12:34:08 | [Humptydumpty]
Here’s my story: yesterday I cleaned the shed with my daughter, we were pushing the washing machine and it crushed my pinkie... the poor thing really was bent all over ... I rushed home., sat down and spun and spun the chakra on the top knuckle of the little finger because it seemed to be in a very poor condition, for about an hour... this morning it was ok, a little painful but, hell, the bottom knuckle on the pinkie was all blue and swollen where I did not spin anything... hee hee...

it worked, it really worked, I just had to spin another little chakra... and now the point: when that happened, did I receive negative energy from my neighbor, who is really a bitch, because I was noisy next to her door and pulled boxes and things? ... Is that the reason for the bruises, fractures and all other trifles that make people's lives miserable?

January 9, 2008 16:11:43 | mindpositive

Nice example, Humptydumpty. I dealt with a rather heavy sprain that way. The auxiliary chakra worked non-stop the whole afternoon and evening. After a night's sleep I walked without a problem and pain, with a minimum swelling, but the hematoma was fairly large, showing that the injury was really bad.

I could not divine whether your neighbor made life hot for you or not. It is a fact that when an injury happens we are not balanced and concentrated, i.e., we are definitely at the other end of the scale. The cause is always negative energy. Whether coming from a neighbor or somebody else, that needs to be detected.

A comparison just occurred to me: Humptydumpty and I treated a fresh physical injury easily and quickly. And it takes a lot of time, for all of us, and the "merry magic" to treat chronic physical complaints or mental ailments hidden in the unconscious. This relation will help you to reach a conclusion on the great significance of these chronic physical or unconscious mental problems. A severe finger bruise or a severe ankle sprain are not trifles, really, but then energy will show that they are indeed trifles compared with chronic problems from the past. Think a little about the order of these magnitudes.

39.

Wednesday, January 9, 2008

Crisis

Crisis, says Equilibrium. Crisis, so what... it's not the end of the world. Sure. And then I started to write a comment which developed into a "novel", so I decided to publish it in the post. Here is Equilibrium's comment:

... After six months of beauty and optimism I underwent a CRISIS. That is, a month ago I started physical therapy with electrotherapy and massage, flavored with stories provided by patients in waiting rooms on all kinds of disorders. After five days of such "medical" treatment I began to feel cramps in my arms and legs, sweating, shivering fits and chills, and insomnia with all its consequences (exhaustion, drowsiness, deconcentration, bad temper...) And for half a year I had slept beautifully and was positive throughout. However, the pendulum keeps showing me the proper direction of chakra spin. What is the matter, then? How did you overcome that inflammation crisis you described in Geometry? Must my so far

stiff spine first experience a breakdown and only then be reshaped into the flexible and supple thing it used to be? Does the principle of homeopathy – first deterioration and then cure – apply to the merry magic as well? Thanks in advance, your somewhat discouraged Equilibrium (didn't I choose the "proper" name? But it expresses my strong wish and genuine intention).

Equilibrium, your cramps coincide with physical therapy. Or they don't? If they do, ask them whether it's normal to get cramps because of their therapies? If that isn't the case, read on.

So far you are the only one in the "merry magic" team to report cramps. To be sure, I believe that your cramps are related to physical therapy but, since I also experience them, not because of physical therapy but because of the "merry magic", let me explain. I occasionally suffer from cramps in my calves. They do not occur spontaneously but after I treated – with auxiliary chakras – the lower spine, the hips, knees, ankles, thighs and lower legs, i.e., after I activated energy in my legs. In the beginning the cramps were fairly severe and painful. Occasionally they were milder, but now they are not painful but fairly strong. Still. I have already been dealing with that intensively for six months. All that is the zone of the first chakra.

Result so far: increasingly light gait, now quite youthful and light, although I have not yet been able to drive out all the problems in that quarter. Admittedly, so far I have not suffered any pain in my legs or hips, no deformations, no swelling, vein problems and the like, I walked and ran well. I felt considerable pain only when I pressed – but not too much - my calf muscles. That led me to work with auxiliary chakras in that zone. As shown later on, in the legs and feet there are many links with the stomach, digestion, the head. Energy work in the leg area resolves many tensions and negativities.

The inflammations I mentioned in my book (throat, gums, bladder, vagina...) passed of themselves as soon as I totally broke off all communication with the then worst vampire, my dearest friend.

Essentially, every treatment must have a "has to be worse in order to better" phase, and this especially holds good for mental problems which needn't be in the pathological sphere. The depressive symptoms you mention most frequently accompany our release from our own inner negativity. In the beginning they are more pronounced, later on less and less. Usually they are also connected with an increased RESONANCE with a family member. In that case, you have two options:

1. to release, annul and forever remove this negative frequency (it's not the only one, everybody has quite a few);

or

2. reinforce it and then suppress it again into the unconscious, and this requires a lot of additional energy.

As for 2) I have nothing to say.

The variant 1) succeeds with a still more frequent application of the "merry magic"; for a time, generally only "step 1" for a time (stopping, annulling negative energy), less frequently chakra activation, i.e., you do the complete merry magic less frequently. The reason: in such a negative phase the stopped energy defuses the situation, you feel relaxation, and as soon as you activate the chakras all the still uncontrolled negativity quickly twists the chakras upside down. In this variant, if you successfully stop negative energy ("step 1"), you almost spontaneously change your behavior with respect to some people, you change relationships – because only this, with energy work, will enable you to break or prevent a vampire's habit to "choke" you and cure yourself of letting him do it and offering it!

That's your test of proper energy work. In other words, if you have been applying the "merry magic" for some time, and have not changed or started to change any relationship, then you are definitely applying the "merry magic" insufficiently, and certainly you have hardly understood my book. If you are still motivated, you need to read *Geometry* … again and apply the "merry magic" in accordance with my recommendation.

Analyze your energy work, Equilibrium, and the changes of relationships that occurred during the first six months when you felt well (that's a fairly long period) and later on. This type of work is necessary, and if you don't know the answer, take a break, and then analyze again after some time.

This is not easy, let me repeat once again, and it takes time for releasing and annulling one's own negative energy (which is at the basis of our vital attitudes, behavior, relationships, habits, it permeates the whole body, every cell). The process takes a long time. The essential point is becoming aware of it from the very beginning, recognizing and understanding all its phases, seeing that you are capable – with more frequent energy exercises of either the "merry magic" or its "first step" – of alleviating the symptoms, controlling them and tolerating their disappearance.

You must also be capable, and that is also essential, of doing “step 1” in a couple of seconds. (Let me remind you: “step 1” involves the stopping of negative energy, and as you proceed, the step changes, from the “sword” and “bundle tying” through the “black sheet” to the “press”; in this way you will not allow negative energy to overpower you completely to the point of total fatigue and depression. Although we cannot completely avoid that.)

One point should be understood quite clearly. What we manage to achieve on our own in several months of work with the “merry magic” psychotherapists CANNOT achieve in several years of work with their patients, provided they do not stop attending sessions. Even if they manage to define a problem, there is no chance of their eliminating it thoroughly - maybe they will just take the edge off. The development we undergo while doing the “merry magic” is huge and relatively fast in relation to the professional work of psychotherapists. Actually, our achievements are inaccessible to classic therapy. It’s just that you have never attended psychotherapy sessions, have no knowledge about it, and have nothing with which to compare your development and that is why it looks “too difficult”.

It is true that psychotherapists treat people who really have major mental problems and whose condition is worse than ours, and that makes the above comparison somewhat “stretched”. Whoever reads *Geometry…* is far from the average patient – indeed, he often belongs to the mentally better-off class. But we all know, if we are honest, that we are a little foolish and freaked out, although this is called “being normal” in our society. We who want improvement know that this cannot be normal, that our condition can be better and that we want it to better.

I have explained many times that physical discomforts and illnesses have a mental parallel preceding the physical sickness, and the cause is NEGATIVE ENERGY, therefore the foregoing paragraph also refers to physical ailments. Especially the currently “fashionable” chronic and incurable complaints. The “merry magic” cures all that, but wait a minute – it’s not before you can say Jack Robinson, let me tell you. We know, you tell me, and we keep on and there seems to be no end to the tunnel. Well, just keep swinging, I am telling you again.

Seriously speaking, you need to understand that downturns are inevitable and can be frequent. It all depends on your age and on the quantity of garbage you have swept under the carpet. As a rule, older people are faced with more garbage, and in mature years they are faced with a Naples-type problem (remember the waste management crisis in 2011?!).

Not a comforting situation, is it, but I even have thought for quite a few times “Isn’t that enough? How much trouble is still left? Is any end in sight?”. I am motivated by seeing that a lot has also been resolved both in the mental field and in the physical field, meaning that the “merry magic” is functioning. And as for so much garbage still around, am I to blame for that ? Or for not knowing how much there is – I don’t think anyone has done some stocktaking in that field.

But you have also tried, Equilibrium, to encourage yourself at the end of your comment, so I don’t have to. Forza Equilibrium!

Stay alive and kicking!

January 9, 2008 19:30:40 | [Equilibrium]
Thanks for the quick answer! You felt that it was urgent. I’m quite flimsy, am I not? But never mind, hiding can’t help me any more. I’m probably my bitterest enemy. Was. No more. Long ago at the level of decision, but only since recently at the level of implementation. I must have been in a fairly bad spot to set off changing anything. And then I was misled by the initial flight and I turned to myself and was (again) complacent. And the key relationships were still on hold. Not any more. Bye!
January 10, 2008 18:11:40 | mindpositive
Equilibrium, don’t rush now to “make up for what you’ve missed”. Nothing is missed and nothing is made up. I hope that your capacity of understanding is now better so that it now FEELS THE MOMENT and FEELS THE WORD. Don’t force the issue, take the necessary steps when and how you need them. This understanding of the moment is a great thing, and so is the calm determination and strength for adequate behavior. Later these moments are increasingly more frequent and longer. Proportionally, fear of the problems and situations decline.
January 11, 2008 14:05:27 | [Humptydumpty]
Today we were painting the children’s room, me and my daughter, we started off merrily, full of enthusiasm, and then something stuck... I told her, let’s do step one, so we each took our sword, swept everything, made the knots, after that smooth sailing... after half an hour I got slightly nervous: again a lot of work... so, again step one, again great... and so every half an hour... and only then I figured that I’m stealing energy mainly when I am tired, and I don’t have to yell or quarrel, I just suck it in ... and then think... are these people around me jittery... crazy, honey... now I watch out and everything proceeds better because I hold on to what’s mine and let others be... And so I kept painting and watching, watching carefully... Ciao!
January 11, 2008 21:33.:39 | mindpositive
Excellent observation, Humptydumpty, accurate, precise. And the adequate solution.
Let me just add that intellectual work – especially if there is a deadline for results (exams and the like) – also requires more energy than physical work, that’s why you need to pay attention to such situations as well and take a rest as frequently as possible, just as you did while you painted. This is the kind of observation and analysis you need.
Essentially we have given you the basic propositions.
So, you see how you got to become aware that you need STEP 1 every half an hour when the

going gets tough.
But, there, just thirty seconds of attention and it's business as usual.
I am really pleased with your achievement.

January 12, 2008 8:40:26 | [Humptydumpty]

And how am I pleased, you can bet your life! Lights begin to flash in my head, but this is actually happening after the second reading of your book and "dealing" it to my friends.

January 12, 2008 10:59:12 | [name]

... and so I unpretentiously but deliberately left the book to my father (73) and mother (65)... less than a fortnight later my phone rings in the morning: dad calls: "... well, there, I have read it for the third time to see whether I missed anything in all those chakras and what have you..." On top of that, Leon Lederman, Dumančić and his bioenergy, his late mother, gypsy soothsayers, this and that, all that confused him, made him think... he is suspicious of technology and will not apply it, he finds it all a little ... well ... Regards

January 12, 2008 22:47:57 | [Thumbelina]

Just today I explained the merry magic principle to a dear person, and tomorrow I'll give her the book... she is scared of everything and she simply can't cope with fear and with the physical pain she feels because of it... let that be a kind of support for her (along with other things), if she's will be able to read it. I suffer when I see an adult person who is so fragile and incapable of living outside of safe and verified tracks (read: instructions deeply inculcated in childhood). What has parental love done? There, a hypothetical question for the end, and I don't need a comment because everything is quite clear.

January 13, 2008 08:30:39 | mindpositive

Thumbelina, here's a detail from life on the subject ("What has parental love done"). I went to my longtime dentist with whom I always exchange chats on life while he services my cavities. He asked me if I have any time, and took me from his clinic to his apartment and showed me more than a hundred paintings (approximately 40 by 24 inches). He was going to exhibit them soon, he said. I liked the pictures, the colors and the lines, figurative abstraction, said her, but that is not important. Generally speaking, he started to paint as a young man and then stopped because his father did not appreciate that, and actually despised it. He wanted his boy to play the accordion, but the boy refused that. And so he ended up as a dentist the next thirty years. Then daddy died, and sonny painted one hundred and forty beautiful paintings in six moths, and now he was staging an exhibition. Parental love!

January 12, 2008 9:25:57 | [Equilibrium]

I am not sure I understood well the sentence that depressive symptoms are usually connected with one's own negative balance and usually reinforced by RESONANCE with a family member.

January 13, 2008 08:30:39 | mindpositive

Equilibrium, this is how physics explains <u>resonance</u>:
(Lat. resonare) = resound, reverberate, echo
The increase of the INTENSITY of oscillation in one's own system when the oscillation (frequency) of an external force COINCIDES with the frequency of one's own system.

Therefore, you have a suppressed negative frequency, somewhere deep down, but you don't let it go on a rampage (you pay the price in energy, but you manage to keep it within bounds). You meet someone with the same negative frequency, he does not control his own, and it is active.

His negativity resonates and vibrates with yours and INCREASES YOUR NEGATIVITY. You no longer control it. If the relationship between you at the mental level is such that the other person DOMINATES you (don't forget that even the very kind people, those offering help, have their own ways of dominating precisely through such attitudes and behavior), then that person will draw your energy into his system. In the process the frequency of your energy needs to be higher than his, which is certainly the case with persons activating positive energy. Because of resonance, the person that DOES NOT dominate you will also draw your energy into his system, but that is a person whom you want to help or whom you pity. Therefore, DOMINATION, HELP, PITY (and all other negative emotions) are command sticks for HUMAN RESONANCE. It has its physical basis, just explained above, but we can control it, consciously or unconsciously. That is, when unconscious, then it is more naked physics, and when conscious, this is – say – "civilized" physics.
So we come to what I have been saying all the time: in the context of negative energy you can't help anyone, you're both losers.
"Help" is possible only at the level of positive energy, but then it is no longer what we understand under "helping" – then it is COOPERATION.

January 13, 2008 14:10:28 | [Humptydumpty]

Well, now I dig why I don't dig some things! It's not a matter of intelligence but of energy! Dear Serena, sometime I really don't dig what you wrote, but now I don't let my complexes overwhelm me but tell myself: easy does it, you'll dig this too... it's negative energy that makes me a moron, I am not a moron, or maybe I am but will not be any more... ciao

January 13, 2008 15:30:36 | mindpositive

Actually, Humptydumpty, intelligence and energy are related as follows: positive energy = you understand,
negative energy = you don't understand (you are confused, and you say everything is true and nothing is true, everything is good and nothing is good, and all that = confusion)

And you advised yourself quite well, because when you start with positive energy the first conclusion is the famous "I know that I don't know anything".

As your POSITIVE energy grows, this at the same time means that your FREQUENCY (number of oscillations in a unit of time) is growing and so does your PROPER UNDERSTANDING, and you know exactly what you know and what you don't know yet.
And you can't understand what I wrote immediately. That's why I keep recommending, read the book a second time, and then again after some time. The increasingly higher POSITIVE frequency will enable you to perceive progressively general truths.

For example, mark the passages in the book that you don't understand with a special color. Watch what will happen during the second reading only of the chapters containing these passages, and in the meantime, until the next reading, practice the "merry magic".

And now, check mate: this what I have written in my today's replies is already written in the book and, on top of that, who knows how many times in various posts and comments.

This was not meant to create any feeling of guilt in you, but just to highlight one more time the

importance of practicing the “merry magic” and of the time factor. As Name said, this takes practicing and practicing, and that also means time – whatever the discipline – playing an instrument, painting, dancing, signing, playing basketball ... practice, practice, practice...

But you find it easier because you practice as a foursome and progress faster.

January 13, 2008 15:54:29 | [Humptydumpty]

Not quite a foursome, I’d say... altogether two and a half... they all want to but then forget... then I remind them gently... then they do it, once-twice that day... then they “forget” again... and I know you can’t achieve anything by force... but they already see the change in me... and that suits them, they somehow like me more... I’m not bugging them, making a fuss... the older kid had a great change... so far she’s never been able to buy anything (I mean rags), spent days in shops, now she will, now she doesn’t like it and will see the next day ... and I, seething, freaking out... but now, since I started to spin... off she went and bought everything in a single afternoon... of course, “mom” left her to decide and... great ... everybody happy!

... and I have also given the book to my friends, and we’ll see... because nobody in my family (mother, father, sister, brother and the rest) couldn’t care less ... and they have anyways been poking fun at me for years... of the kind: let her go, she meditates, she reads some funny books and the like ... so I know I’ll have my hands full because I have no ally in the greater family, and yet I think... if my dearest start to spin regularly maybe it won’t be that way...ciao

January 13, 2008 16:07:57 | mindpositive

A rainy Sunday, Humptydumpty, good for a long story...

I could have written the foregoing words about intelligence as a formula:

INTELLIGENCE is proportional to the LEVEL/FORCE OF POSITIVE ENERGY

The same formula holds good for the decision-making capacity.

I think the best motivation is presenting your new positive experiences and perceptions to the members of your family. With the conclusion “this is my result achieved with positive energy”.

Or, if the people you meet don’t know that you’re “in the positive”, and you didn’t tell them about *Geometry…* either (because there are reasons), you just carry on with your positive little tales. Then they say sure, sure... and keep up their bullshit. Yet, one day they will ask, “and WHY have you succeeded?” Then you can be mysterious for a while, and tell them nothing, or just tell them “forget it, that wouldn’t interest you” or “I don’t know whether you would understand that”. That’s already a provocation and they will fall for it, and press you to tell them... and then you sell them *Geometry…* when they swallow the bait. This mystery and provocation could most nonchalantly be characterized as a “game” with the people in question. In more serious terms, this is manipulation with a shade of shamefulness, and people with positive energy don’t like such relationships and situations. Nevertheless, this is a necessarily cunning move in a totally negative environment such as ours. We need to acquire allies in one way or another, and in order to get yourself heard you must talk THEIR LANGUAGE, and that always involves some kind of manipulation (half-truth, lie etc.). You can’t keep aloof either and break of all relationships, although this would also be called for with some people. That’s why I would prefer to go back to the term GAME because negative energy people are essentially

children (wicked children)... and when you deal with children, the appropriate approach is – play.

January 16, 2008 15:27:03 | [sanherib]

I recently purchased and read you fascinating and, I'd say, truly seminal book which appeared just at a time when I began to get involved with some things that have considerable points of contact with theme of you book. Let me ask you some entirely technical questions: 1) When visualizing chakra spinning, which speed needs to be visualized? As fast as possible? 2) What is, in your view, the most practical way in visualizing chakras and their spin? I mean, the visualization of, say, white cones, is not particularly practical because the mind has not point to seize when imagining rotation. How do you visualize? 3) I would like to know whether you have any knowledge about the so-called "bindu" (point), situated at the back of the head, somewhat below the crown, and about the possible usefulness of visualizing spin at that point, too? 4) The last page of your book (264, I think) shows the picture of the human body with chakras, but this time not only with cones oriented forward and backward but also sideways, so that they form crosses. Can you explain the meaning of that drawing and its practical significance since I did not find, in the text, any reference to the drawing or a description? Thank you and, once again, let me tell you that your book is a "landmark" in the development of knowledge about our nature – a new fundamental paradigm.

January 16, 2008 20:02:19 | [Old Sun]

Welcome, dear Sanherib. Although I know the answer to most of your questions, I shall leave it to the esteemed author answer them. I only have to state my pleasure with my own progress achieved since the beginning when I had the same questions, and the answers come automatically after spinning and exercise. That is why I thank the author and all the people on this blog who motivate me to persevere and progress. Best regards!

January 17, 2008 13:15:26 | mindpositive

Sanherib, here are some brief answers to your questions. I was pleased to see that you have reached the expression "new fundamental paradigm" with respect to *Geometry*... because that degree of understanding has not yet been present among my readers. More about that in the next post.

> 1. Let the speed of spin be spontaneous, no rushing at all. Sometimes we shall even see that we can't manage to spin. Then repeat "step 1".
>
> Visualize white or transparent cones exactly as described. If you don't make it right away, you will. You have nothing "to get hold of".
>
> Install, again spontaneously, the auxiliary chakras at the painful sites or anywhere else whenever you feel the need. Don't insist on those sites for auxiliary chakras on the basis of your theoretical perceptions, including those related to the bindu chakra. That will come spontaneously some day, but probably much later.
>
> The drawing on the last page (of the first book) was not explained deliberately. Some people will understand it at some point, when their positive frequency will be high enough. They will apply it when they spontaneously feel that the proper time has come for that. Therefore, it was published for those who will understand it even without any explanation. At the same time, the drawing of chakras arranged in a cross announces the next book because the quantum explanation is not yet complete – for several reasons, the crucial one being the fact that only those who will peruse the second book (when it is

published) will also be able to understand it because they developed – by working on the basis of *Geometry* – a sufficiently high frequency. Let's go step by step, systematically and patiently.

40.

Thursday, January 17, 2008

GOOD-EVIL, POSITIVE-NEGATIVE ENERGY

The creators and the destructors

In his own way Name again inspired a discussion which occasionally flares up on this blog. I am getting a little bored with it, but the protagonists are always new and I will nevertheless polemicize a little, maybe somewhat more nonchalantly than before. I reckon that serious readers of this blog after joining in nevertheless read the posts and comments occurring before their involvement, so that this will be a continuation of what has already been said, yet again in the context of Name's specific thinking and of the considerations of others who took part in the discussion.

In his breezy and engaging way Name once again disclosed that his mind is still confused and influenced by negative energy. Thus, seemingly elegantly, he reached in no time from "nothing" to "nothing", with the resulting rather quick conclusion that it is better to do nothing because everything is a trap, propaganda and sham promoted by those who allegedly write about spiritual topics up to politicians, including the "dear Author" (meaning me, Serena).

Although I will never agree with Name and his zeroes – which is, I believe, quite clear to all of you right away – let me mention one essential difference between Name's booming doubts and some others that appeared so far in comments on this blog. Even if his mind is confused, Name's inquisitiveness is sincere and honest. And however much he criticizes me, he does it out of his already described sincerity to comprehend things. He does not STUBBORNLY defend his entrenched attitude, and actually defends by attacking. And so did, so far and frequently, various well-read critics of *Geometry…* who obviously have no positive energy, i.e., who did not condescend to apply the "merry magic". This is why Name has recently inspired me in several posts, even to the extent of my repeating what has already been said. As for the others who wanted to defend their strongholds at all costs, I usually dismissed them with a lengthy explanation, but also with irony and derision.

And thus Name got from "nothing" to "nothing" with quite a few wrong

assumptions (this refers to his comments regarding the previous post). And wrong assumptions lead to a wrong conclusion, don't they?

Let me just refer to one wrong assumption, also followed later on by Energia.

Namely, the claim that various authors allegedly discussing spirituality and all kinds of new techniques focused on reaching spirituality say that their techniques and recommendations exclude all others is false. I have perhaps come across only one writer of that kind. With the exclusion of myself. I decidedly reject everything that is not based on the understanding of positive and negative energy.

Almost all the people who are trying to deal with anything "spiritual" support the "let a thousand flowers bloom" idea expounded fairly well by Energia, which is why I am going to quote her here:

And, let me add: my path is good and just perfect form ME, but it needn't be perfect for you, Name, or for anybody else. For Serena the merry magic is the ideal path for self-development, but why should it be perfect for me or you as well? Whoever feels attracted by the technique can certainly test it. Listen and observe, and you will find the very link you need for further growth. We all decide individually about what matches our need at any given moment. Our needs change, and some techniques and systems will no longer be efficient although they were perfect in a specific moment. We are exposed to continuous change, and it is therefore logical that we use, in accordance with our development, different techniques and means (matching the stages of our development), and sometimes their combinations, isn't it? We are not robots and we don't function the same way. I respect Serena's attitude but, unlike her, I like precisely this diversity and wide spectrum of possibilities for self-development.

What am I to do when neither Name nor Energia have not understood the point at all: I have not presented just a nice technique copied in countless variants from one author to another. My technique, the "merry magic", is based on a new explanation of the Universe (and man).

Geometry… expounds the thesis about the geometric structure of energy and matter, and supports it with arguments at three levels: at the material/biological level of the physical body, at the level of mental phenomena/consciousness and at the quantum mechanics level (which is by the logic of things universal and at the root of everything). The "merry magic" technique is not a random fabrication, the retelling of something "Eastern" and quasi-spiritual: it stems from the thus explained

ESSENCE of matter, the psyche and energy. And that was expressed briefly by somebody who understands these levels of reflection, the new commentator Sanherib, with the following words:

... once again, let me tell you that your book is a "landmark" in the development of knowledge about our nature – a new fundamental paradigm.

And now I am coming back to that infinite tolerance advocated by Energia – every path is good, you learn something along each path, we are different, and our paths are also different... diversity is what she likes most...

My reply to that is the following: everybody chooses the path he is capable of following at a given moment. Just that. This also holds good for everyone that publicly presents – either at courses or in writing – something he would like to teach others or displays what he knows (often also what he finds to be financially profitable).

This does not at all mean that all these paths are good, or that they lead to the goal – personal development, development of spirituality, understanding of the essence, etc., etc., etc. This only means that these persons do not know or can't do better in that moment.

The logic "everything that exists, exists; and it is therefore good that it exists". This is the case, but the attitude has no cognitive quality, it has the quality of COMFORT which does not interest me in the least.

I hope you understand the vast difference between my two underscored sentences and what Energia wrote (which is most often the attitude of all those focusing on personal spiritual development).

The attitude advocated by Energia is no big deal, and I am not in the melting mood over wonderful tolerance, or over the intellectual and other breadth and shapelessness of such authors, coaches and others. All that only reflects their confusion, their parroting of Eastern authors, i.e., of those that rehash stories for the third, seventh and hundred-fifteenth time. Because that is mainly the case – voluble rehashing where nobody knows what anybody is talking about, while the uninitiated find every sentence to be tremendously wise. However, they do not see that there is no link or meaningful sequence between sentences and even less between paragraphs. Negative minds, energy-wise negative minds, who are unintelligent by definition – essentially stupid I mean (see my past explanations of the matter),

benevolently conclude that “everything is fine and everything leads to improvement” (and conversely, “everything is nothing” and “it’s all in vain”).

And now the hair of the liberal minds stands on end at my – they’ll say – exclusiveness and intolerance. I am very tolerant of people. Do what you like. But not of ideas. This blog talks about ideas. And evidence supporting those ideas. The main evidence are our observations of ourselves and of other people. There is no tolerance in mathematics and science – you either prove your thesis or you don’t.

And that’s that. I am intolerant of what I consider to be wrong. And, to make things really hot: unlike this crowd of scribes, healers and coaches who not even accidentally exclude one another or find fault with one another (which is probably good because otherwise they could spark off a global conflict), I am one of the very few people who say that my theory is the only valid one. Actually I don’t know that anybody in this field has ever made such a decided statement about his/her work. To be sure, I don’t know to which field I belong because I have combined the hitherto unconnected fields within science and science with “nonscience”.

I have outlined my thesis in a scientific say: observation – hypothesis, thesis – observation again – deduction of conclusions, laying down of the theory – construction of formulas/techniques resolving the problem – explanation of the method by means of which everyone can repeat my procedure and reach the same solution. And then I said something about the divine spark, and perhaps nobody has understood that so far. OK, I’m not going to be a pain in the neck, there’s always time.

My thesis stems from essential science, and that means quantum science and geometry (and that, according to some people, is the essence of mathematics), and that is why I cannot say that energy can be white, pink, yellow, knobby, cold or dotted... It can only be positive or negative, the way I have described it. The way EVERYBODY CAN CHECK. Of course, my simplicity is totally beyond the understanding of minds screwed-up by negative energy.

But this is indeed “a new paradigm”. That is what I have been saying and proving, and you have the opportunity to check that. If you want to. I can’t force you to do it, and I am not doing that.

But this doesn’t mean, even if this is indeed and truly “a new paradigm”, that we have reached the end of the world or the ultimate cognition. Nor have I ever claimed that. A “new fundamental paradigm” slowly replaces the previous one and lasts as

long as it lasts. Some last for millennia, others for centuries. Now everything happens more and more quickly.

And if *Geometry…* is a paradigm, it (that is, me) cannot benignly embrace all sorts of silly fabrications, and vapidly and obtusely nod at the heap of nonsense aired in the media – as if we were all heading in the same direction, toward the same goal. Sorry, we are not! That road is wrong, it leads to an abyss, but if you want it, buddy, keep driving, it's your funeral. If you don't know a better road, drive along the route you know. That's what I'm telling you. You can learn something in the abyss, too, or so say the "intellectually" tolerant guys. Actually, you do, you learn that you're dead when you reach the bottom of the abyss. If that's all right with you, I have nothing else to tell you. It's all right with me, too. Obviously you couldn't do better in that moment.

Can a clever man say that "everything is good"? That all the roads are good? Come on! A clever man can only laugh at that, yet I have tried once again to explain things. You needn't tell me that I am intolerant. Because I am. And I am nevertheless so patient with nonsense that I can't believe that I am doing all this.

And now let someone look up the meaning of "paradigm" in the dictionary:
A model used in science as a framework for ideas (Penguin English Dictionary)

Perhaps I wouldn't use that particular term for my theory, but it is that as well. "Paradigm" is a sufficiently significant term which has finally occurred to someone. Essentially, I have written that book very unassumingly and I am explaining it in the same unassuming way, and waiting for someone to say the right word. Quite a few of you guessed, but you still don't have a clear idea of the greatness of the thing I have started to discover. The term "paradigm" is already at a very high level of understanding of the significance of my discovery.

If you understand this explanation or feel that it is good, you'll continue to cooperate on this blog - if not, you will go elsewhere. Your choice.

Thus, my negative and positive energy is at the same time new and of a very old date, divined many a time. It was foreseen among others by the finest Croatian Renaissance playwright Marin Držić with his clear definition of the "creators and the destructors"; just as people, there are also creative and destructive, good and bad ideas. We have always known that everything is not the same or "one and only"; this is why ethics came into being in ancient times as a special philosophical discipline considering good and evil, i.e., the morality of our deeds. This liberal free

for all in “work on oneself”, where everything considered to be “work on oneself” is good, everything written on the subject or marketed as a course is good, is really an ode to dumbness. Total dumbness.

Yet, I must say that the understanding of *Geometry…* does after all require certain general education, so let’s put it simply as follows: the person endeavoring to understand my theory needs to be someone who has always queried himself, his path and meaning, and the same related to humanity in general, and has read quite a few books, all kinds of books. In that case, comparison will enable that individual to note very easily the differences with regard to my theory, and fix the subject-matter in his mind by practicing the “merry magic”. In this way I have on the face of it come close to the quotation I have been refuting throughout the article. I have come close only on the face of it because I say that it is good, even indispensable to read and test different theories and techniques of work on yourselves, of spiritual development; in the simplest terms, this means that you tried to improve yourself. As you see, I used the past tense of the verb. And when after all that you read *Geometry…* and said that it was only one of the books on the subject, one of the techniques, then you have not understood anything. What is to be done? I am not going to do anything. Everybody chooses one’s own road.

Stay alive and kicking!

January 18, 2008 13:30:11 | [Equilibrium]
What to do: work with auxiliary chakras on the head and neck with spinning, or just block negative energy with the sword? Actually, from the very beginning I find spinning chakras to be easier, while blocking is more complicated. Most of all I would prefer just spinning and enjoying positivity.
January 18, 2008 13:47:08 | mindpositive
Equilibrium, UNLESS YOU FIRST STOP NEGATIVE ENERGY, you will quite certainly activate the chakras in the negative direction, counterclockwise. Thus you will acquire energy in the known (vampire) way, and what looks like “enjoying positivity” will actually be enjoying negativity. If you carefully observed, in that moment, what happens to the people around you, you would see a deluge. Since you energy is negative at that time, you don’t want to observe and even less to interpret correctly what you have observed.

This is why you should always follow the results of your energy work.

Follow the results on yourself and on your loved ones.

Let me stress, a mistake is not the problem. If we follow the results we shall be able to correct the mistake. Guys, to err is human. Don’t torment yourself or get paralyzed because of it.
January 20, 2008 20:03:14 | [Old Sun]

Dear Serena, regarding isolation from society, friends etc., you mentioned that it is best to isolate oneself for a time... I have to admit that at present this suits me most. I have no energy for socializing, company and friends (apart from work, family obligations, housekeeping and cooking), and I concentrate all the time on the merry magic, chakras and myself. I no longer mix with other people. I have no need for them. And that means I'm progressing. But some friends are asking me why, am I mad at them, this and that. I briefly announced my absence, said that I didn't feel like meeting socially, had no time or energy for it... but the questions are here again, and I don't feel like explaining or quarreling, just want to be left in peace. I simply stop making contact, respond. Is there a better way? A piece of advice, please. I am happy to see that I have become "selfish". Hi, Old Sun

January 2o, 2008 20:49:38 | [Humptydumpty]

In my case it's not like that. I simply broke off every contact with some people, I told them what I think, they didn't like it... so, bye! I still meet others, some know something about the merry magic, but they all see I'm changing, I am cheerful again as I always was. I don't want to be Palle alone in the world because I like people, only that now I am choosing and, of course, watch out and spin my chakras... ciao...

January 20, 2008 20:54:29 | [Humptydumpty]

Hey, I just forgot... I took some yoga... crazy, honey, I didn't practice anything since primary school (except "those things"), so every muscle hurt, every little bone, but the feeling was great, somehow you feel everything is beginning to move in your body, and it's good, good!

January 21, 2008 08:37:08 | mindpositive

Hi, girls... All that is good, whether you are alone or not. The essential point is that you know what you are doing, that you feel yourselves and don't hurt anybody, and especially not yourself. Old Sun, everybody chooses the relation toward friends and other in line with his/her nature, so it's not a case of whether it's better this or that way. Now that you are beginning to understand your energy, respect this part of yourself as well, and that's that. And keep learning about your energy dimension. Through observation.

Energy has its own laws and there are no departures from them, either respect them or lose. On the other hand, in behavior at the level of manifestation there are a thousand and one possibilities for arriving at the same goal. Once you have straightened things out in energy terms you will generally choose the best way among those thousand and one. Don't worry too much about that. Even when you make a mistake, you'll soon understand that and correct it. Then we really manage our life in line with our own choices instead of aimlessly wandering around in the wilderness. Yoga is really good, I have mentioned that too in my book.

January 21, 2008 09:32:29 | [Humptydumpty]

I do step 1 twenty-thirty times a day because it suits me fine. I am calm, I function better both with others and with myself. This morning I scared away the beginning of migraine by doing step 1 for about an hour...I spin chakras three to four times a day, as I feel like it... but there's another thing, I am not jumpy any more, I am not driven by any crazy thing, though I smoke one after another and yearn all the time for a sweet bite... and feel great all the same!

January 21, 2008 10:26:08 | mindpositive

Excellent description, Humptydumpty. You are repeating the "step 1" exercise frequently enough, that is, twenty to thirty times a day, and the result is precisely this relaxation felt mentally and physically. Thanks ever so much for this because, by the logic of things, when I say something like that, the doubters don't believe me by default. But when people like you confirm

that, things become serious. And the more numerous you are, the better.
This is the cooperation I need from you and which we all need.
To apply the “merry magic” in accordance with instructions and report what happens.
The unbelieving Thomas syndrome is a normal phenomenon in most people, and the exactness of my theory can be checked, or, more precisely, understood by the empirical testing of the results.
You are a type who has had “normal” problems in life, nothing special, and in your case everything proceeds exactly in accordance with the book.
People starting from a worse position, with serious illnesses and problems, logically see a more or less different picture and have a more serious struggle on their hands.

If they manage to face the problems that surface in their life without fear, they will also progress.

January 21, 2008 12:31:05 | Jeja

I shall not ask many questions before reading all previous posts and comments, but I have to “floor” one thing: :) I have problems with visualization, for a second I clearly see the cone spinning, then the image vanishes, and then appears again... When the image is lost, I repeat in my head the sentence “my (e.g.) frontal cardiac chakra spins clockwise”, and I have the feeling it works although I don’t “see” that at the time. Similarly, and that regularly happens when I do it in bed, I fall asleep before finishing with the spinning of my chakras. So, now when I set off, I also say in my thoughts “if I fall asleep, regardless of that my chakras will all ‘spin to the end’ clockwise”. Is that OK?

January 21, 2008 13:33:32 | mindpositive

It’s OK, Jeja. Some people are rather verbal types. However, it has been demonstrated that the image (visualization) is a more impressive message to the subconscious.
Initially, when we start to activate positive energy, VISUALIZATION is poorly developed, later it improves. Yet, nothing bad happens, that is, visualization is successful even if we lose the image for a moment (chakras, “sheet”, “press”), and it comes back. Because we are visualizing energy and everything that happens with energy. Energy is “fluid”, it is not, for example, a table, and as soon as concentration falls for a moment, it changes, but as soon as we step up our concentration, it changes, i.e., improves again. My techniques are concrete energy WORK and not the fabrication of happiness.
Furthermore, visualization is not only a way of expressing and announcing one’s intention, and concrete energy work, it is also INFORMATION.
The reason why some people don’t see the chakras is that they are weak and THERE IS NOTHING TO BE SEEN.
In one moment or another you will certainly see them – with your INNER EYE, of course. So, let us know when that happens. Just don’t rush things. Do the “merry magic” verbally only until your visualization has developed. And help yourself with the palm, too. And read the blog backwards, we have written and discussed quite a few new and useful things there.
Quoting you: “If I fall asleep, regardless of that my chakras will all ‘spin to the end’ clockwise”. Is that OK? :) Reply: No, it doesn’t work.

January 21, 2008 17:48:28 | [Roberta]

I work alone in my firm and I have a heap of problems, financial ones and others – can fear of my existence and uncertain future, and condescending government welfare cause tumultuous reactions in me? I often think that I am both a passive and an active vampire to myself ... that’s

it: assertion of the type “I deserve the best and accept it now” never manages to sink in...

January 21, 2008 18:30:50 | mindpositive

Roberta, existential fear certainly causes at last part of the problems you are talking about. At the same time, it restricts your creative efforts to deal with the problem.

The reverse sequence saves you: positive energy – creativity – problem solution.

As for this assertion (“I deserve the best and accept it now”), it cannot sink in, i.e., activate you to solve your problems, because it cannot solve ENERGY. It is too weak for that. It has no real foothold, it is just an expression of a wish, that is, intention. (And so many authors promote the repetition of assertive thoughts... you see how senseless, unfounded this is. I wonder if they ever check the results obtained by their methods).

What is essential is stopping/annulling negative energy (step 1) and stabilizing positive energy (step 2). As I already said in my book, positive thoughts (assertions) are a good thing, but their range is very limited. If we were to sort out our life only with positive thoughts, it would take us three hundred years. And when we sort out energy, positive thoughts and positive emotions are the spontaneous result. We don’t have to repeat them like parrots because we think them spontaneously. Moreover, everything proceeds much faster, although it takes time, even several years, to sort energy out completely. But the first results arrive soon and we observe progress all the time, and that is more than motivating.

January 22, 2008 20:04:43 | [Bumblebee]

I am reading your book for the third time. It’s truly wonderful! I can imagine how breezy and cheerful you must have felt all the time since you arrived at all these perceptions! I would really very much like to arrive as quickly as possible at the point where I will laugh and waltz, spontaneously face each problem and “kick-up” , and find a message in them (and that, although I know I am progressing, I still can’t manage). Now I am just at the beginning of the book (about fifty pages) and I see that questions and conclusions keep gushing out – they probably waited all this time, I guess, for my energy maturity. I didn’t realize that during my previous readings. There, just to let you know my experience and development. I look forward to the new post, reading your book, take care!

January 24, 2008 11:50:30 | [Humptydumpty]

Just a little question:

I would like to read, I have read all my life, and now I go to the library and don’t know what to borrow, so I just take a book on impulse, come home and nothing! Everything I borrow is stupid, especially popular psychology which I used to devour, and all that spiritual stuff, dear me, one stupid thing after another... the same with TV, I just switch from one program to another, and finally realize that what suits me best are those most stupid American soaps, everybody loves everybody and a happy end... I can’t stand violence any more, I never watched news broadcasts before, not particularly anyway, and now I get mad when I see how much fear they bring into people’s lives...

January 21, 2008 17:36:50 | mindpositive

You see, Humptydumpty, how little time you needed to put your head in order and establish criteria. Probably not more than six months. That’s what positive energy does.

I have always had an exploring spirit and high intellectual criteria, but kept reading and exploring such literature for fifteen years, tried all kinds of things, and quite a good part of all this trash seemed good or bad to me. So, I toiled trudging through deep snow, and you will run along a well-trodden path.

An important thing: don't ever persistently read to the end books that you find bad after a certain number of pages. I shall not explain this at any length, but confused and poor books with allegedly spiritual topics do more harm than horror movies, and that's why it is good you don't watch them, as well as all the others talking about violence.
Now, I don't want any of you to think that I am recommending not to read. Read as much as you can, there are excellent books, countless books, but look for useful reading, and you'll find it.

January 24, 2008 30:36:04 | [Bumblebee]

I do step 1 more intensively and, imagine, I have stronger conflicts with my "loved ones". I want to say the following: when I started off with the merry magic (and this book and this blog) I IMMEDIATELY, after a week, felt a huge improvement. First of all with regard to relationships – relationships with my "loved ones" in particular. Now, already through the third reading I thought I had gone a long way and that the time of terrible problems had gone when... wham! , I'll be damned, things took a turn for the worse. I know that everything is alright, now I accept such situations much more calmly and I know that bad situations must pass. But I just felt the need to describe this to other readers who might face the same trouble. Serena, I know I am not too accurate in the description of the situation, but if you have any comment, write about it. Otherwise I am more than satisfied with your book and your discovery, but you already know that;) Hi and a kiss to everybody
I forgot to add something... I felt the spontaneous need for step 1: In my DREAM I did step 1 several times (if my memory serves me well, five or six times), but I don't think I spun my chakras. That happened the first night after I started reading your book again. I carried on by ear and the need for step 1 still prevails.

January 24, 2008 23:20:25 | [name]

Just one energy observation (and your comment, of course): I spun the chakras on my head after I washed my hair. And you know what? My hair dried. I dried my hair with chakras. Ha?
My observation is that an increased energy flow leads to dehydration.

January 25, 2008 9:41:43 | mindpositive

Wrong answer, Name. The heat of the skin (at least) on your head increased and that might have accelerated (a little) the drying. Otherwise, cells dehydrate much less under the influence of positive energy. Now we shall be very accurate, and everybody will be able to notice that. So, lips dry much less and you no longer feel the needs for *Labello*, the dry lip stick which earned the brand owner a fortune.
The skin on the hands dries les and does not break around the nails. On the heels you don't have any more that ugly thickening, i.e., it develops more and more slowly. You don't have to scrape your heels for half a year.
The two or three liters of water, currently the leading medical advice, are no longer necessary, but only after you become predominantly positive. When you get into the negative sphere, and now you know how to feel it, you want to eat and immediately to drink two glasses of water. So, the doctors are right, but at the same time this confirms that people are energy-negative because these two liters of waters a day have become one of the main conditions for health (and that, speaking literally, only extinguishes the fire but does not resolve the problem). These are very accurate and legitimate sequences. Try to follow them.
I have systematically observed a heap of such data and they all constantly fit into the basic positive vs. negative picture.

That's why I have constantly been telling you "OBSERVE!", why should you believe it?

January 25, 2008 11:05:56 | [Bumblebee]

After I have begun to be energy-aware and separate, new problems started to appear with my mother. That goes on and on, but things are improving. Now she mainly feels poorly or lonely or... and makes it quite clear to me. But I realize that this is just her reaction to my growing awareness and I am not affected so much. Because I understand. So, thank you so much! Without any pathos, the way I feel after your discovery, I want to thank you every day.

January 25, 2008 14:15:18 | [name]

Do I have to tear this out of you with a barbed hook, Great Oz? I swamped you with a heap of questions and you hit me (and other benevolent souls) with a spiked mace club and a flaming sword! Why? Because you have seen that the devil is spinning our mind and not our chakras.

Kiss

January 25, 2008 20:30:54 | mindpositive

As one may gather from this comment, Name – you are getting smarter every day. And I did not put you in the same basket with the others I challenged. And I made that quite clear in the post above. Negative energy can shake people, more or less, and they cope with that in different ways at the level of attitudes, emotions and behavior patterns. Of course, negative energy is not desirable, whether there is more or less of it, but there is a difference.

41.

Sunday, January 27, 2008

When the word gets stuck in the throat

Humptydumpty asks: *Does anyone unable to say what he thinks vampire (steal energy from) others in the area of the throat chakra?*

We shall understand the phenomenon much better if we observe it in a generation chain and a time sequence. For example, your old mom talks a lot. You keep looking for a key to switch her off. By talking all the time such persons don't let you get a word in, they don't listen to others, and grind away the interlocutor's energy while they keep wagging with no end in sight. With such tirades they attempt to resolve the block of the throat chakra. But they do it by resorting to negative energy, and will experience greater problems in the area sooner or later. They will probably drain another person's energy just from the throat chakra.

The second generation – the daughter of that mom.

Very probably, the daughter will have problems with her throat. Probably. Sore throat, thyroid problems, later on cervical spine problems. She'll have a more

pronounced double chin, and the energy deficit – when it is high – always migrates to other zones as well: the lower part of the face (mouth, teeth) and the shoulders. The daughter will have problems with expressing her thoughts, words will get stuck in her throat. If she sings, her voice will fail her, i.e., she will not be able to sing loudly. Different voice deformations are possible, from squeaking to hoarseness, all because of compressed muscles, because we defend ourselves from negative energy by compressing our muscles. In relation to her mother this daughter is a passive vampire or a victim.

The time when she will begin to act like a vampire toward her daughter or son (third generation) in order to relieve the pain in her throat and neck depends on a variety of things. Maybe she will drain her husband's throat chakra more, and he will generally refuse to talk with her because she will simply not let him get a word in and because negative energy will compress his larynx, and talking will become an effort for him. And she will be very disturbed by his uncommunicativeness although she caused the problem.

The question is now whether this person – first daughter now mother – will remain only a passive vampire, and will drain her daughter and her husband less. Or, some beautiful day, probably after many years (there is no rule about how many years), she will also start to drain her husband and daughter (son, son-in-law, grandchildren) intensively. Then she will start to talk more and more and her character will also change and will resemble her mother's more and more.

There is another essential point – persons talking so much only seemingly express themselves. Actually, what they express is a fake image of themselves, an image they want to present to the public, often an idealized image of an almost perfect person disturbed and harassed by the whole world. This is the way in which these persons express negative emotions and negative thoughts, and they are the consequence of their vampire grip with which they meet their energy requirements.

At the same time, their talk may seem rational and logical. Seem. It takes a lot of skill to understand the sterility of such a story and its routine of many rules and biases.

When you do such analyses you must be careful until you get the hang of it. Let your analysis derive from the wish to understand and solve the problem, and not from the wish to censure and hate the person under consideration or take revenge. I am not sure whether these warnings are necessary because your positive energy slowly extinguishes negative emotions. But if you have just started spinning your

chakras, i.e., practice the “merry magic”, or if you do that rarely or irregularly (which happens in most cases), then you still haven’t erased even the nastiest negative emotions from your energy field, and it would be better to add as well the deliberate intention not to submit to their influence.

Then we have the happy end variant: one of these persons (the story started with female persons, but all this also holds good for men) starts to activate positive energy, and additionally “installs” an auxiliary chakra in the neck area. The person feels the relaxing of the muscles, a stronger voice, especially when singing. Sore throat and similar physical discomforts are also possible, but they are now related to the disposal of waste from the cells. Following that, expression is easier and the speech more fluent. Initially this may be predominantly “negative speech”, the expression of accumulated misery. This phase also needs to be negotiated. Psychotherapists say that it is indispensable. Since negative energy is never localized in a limited area but gradually covers everything, that person also needs to await, parallelly, the development of spontaneous positive thought and feeling – through the activation of all chakras (i.e., the “merry magic”) – because only then the person in question will truly have his/her own positive thoughts and emotions and will also be able to express them. But he/she will speak meaningfully and with a sense of proportion, with proper words in proper places. He/she will also know how to keep silent. And that will not pose a problem for him/her. He/she will certainly know how to listen. Know how to listen and, similarly, know how to interrupt the interlocutor. He/she will not think that listening is obligatory because it is polite (to hell with such politeness!). In a nutshell, one needs to learn the difference between sincere speech and bunkum in which the person you are talking to uses you as a trash receptacle.

Others will be pleased to talk with such a person and will not look for a switch-off key.

Stay alive and kicking!

42.

Sunday, February 10, 2008

Why positive energy?

Motivation. What stimulates us to do something? What is our objective?

We need to raise the awareness of these questions and seek answers to them, this time in the context of the “merry magic” and positive energy.

I noted that some of you simply want to be happy and that is the main motivation why you took up the “merry magic”. What is bad about that, you will ask. There is nothing bad about that, but this is not sufficient. I wouldn’t dream of advocating sacrifice or any “celestial” goals in the name of duty, holy commitments, propriety and similar dogmas calling for no end of suffering. I am not advocating either any deadly seriousness which, as it is often implied, should accompany every major or the greatest task we have set ourselves.

As you know, I am often reminding you that whatever we do, we should do it with joy. I am reminding you of that although positive energy spontaneously awakens joy, reminding you because we simply suffer periods of negativity, and they can last a longer time; most the people certainly need several years for period of positivity to prevail and become longer than periods of negativity (in a simple balance of time intervals). But joy and delight of which I am reminding you – among others, with the name “merry magic” – are not synonymous with happiness. Now I will not engage in any definition of happiness because it is a very tricky matter and we would only get into a tangle. Let it remain a hazy concept, as it usually is.
I am not negating happiness as a desirable condition. The problem lies precisely in the fact that we haven’t the faintest idea about what happiness actually is. For some jerk happiness means sitting all day long in a casino and building up his adrenalin. For somebody else having a super-car... or traveling all over the world... and so on and so forth up to six billion examples for happiness.

If we start doing the “merry magic” with such a vague and confused idea as “happiness” in order to eventually “get happy”, probably we shall not get very far.

As soon as it becomes clear that the achievement of positive energy takes patience, perseverance, shrewdness, understanding, changing oneself and who knows what else, we already lose motivation because ... screw such happiness if you have to try so hard. Moreover, nobody guarantees are result and “does not refund the money” if the thing does not work.

Another thing then sticks to this hunger for happiness – superficiality – and that is the understanding of “merry magic” as a mechanical or electronic gadget where you just press “start”, and it does the trick. If it does not, it’s no good, we are disappointed. In other words, we literally imply that the “merry magic” is a

technique, and every technique necessarily provides a result for which it is programmed, produced or designed. The “merry magic” is not a “technique” in this sense. It is a means for the conscious management of ourselves, our lives and our relationships at the energy level. It is a path which awakens but also implies the wish for understanding.

And then a third problem crops up: we would change everything but without changing anything. We would not change a single relationship, a single situation, because it mainly looks impossible or so hard and complicated. And that’s why you ask me: how to change my relationship with my old parents/with my partner/boss/friend?

Now, you tell me how YOU are concretely going to do that in your life. I told you, as a general principle, that it needs to be done, and how and why it needs to be done. And the concrete picture in your life is exclusively your task.

Thus you get stuck because of the vague objective (happiness), mechanical understanding of the “merry magic” and unwillingness to change anything. And negative energy twists you around your little finger, so that you don’t know what to do next and what to think about all that. But it would twist you even if you had taken up a good position with respect to the three mentioned topics, and especially if you did not.

So, to go back to the beginning of this post – do you know why you want to annul negative energy and create positive energy instead? And what you want to achieve with that?

Think about it. Right now, are you capable of writing anything coherent as an answer to this question? So write it and send it in your comment. I think that could develop an interesting discussion here.

Stay alive and kicking!

February 10, 2008 | [Bumblebee]

Be “in the positive” means being in God’s energy, in God, in paradise... as you like it. It is the state of bliss when you have a clear picture of what is happening in your life, why, and to what purpose. There is nothing good or bad about it, because everything has a purpose and a meaning. But only when we get to that positive energy, that promised bliss, we suddenly understand and accept everything. Because we get the best (for us). That’s what I call happiness. And I agree, Serena, we have to achieve that condition on our own, deserve it by working on ourselves and

not by waiting. Regards

February 10, 2008 22:18:05 | [Thumbelina]

I'm running a temperature – the flu got me as soon as I got home although I am a close friend of the merry magic. Now I see how I err because the merry magic was everything but merry: I programmed myself night and day with one goal – beat the flu. What a featherhead! And now the answer to the question: positive energy is the harmony of my spirit and my body. Harmony brings clarity, security, simplicity, quality... and for me that is love.

February 10, 2008 22:49:04 [sunshine]

Dear Serena,

I think you are on a very good track as regards happiness. Personally, I find happiness a considerable motivator (especially when I am unhappy). For a long time I have tried to pull in happiness by hook or by crook and in all the possible ways described in literature, but without any long-term success. I think they must have thoroughly "milked" my energy in my childhood as well as later on, and that this is the main problem. I find your route promising although I am only at the beginning. Here is my experience. I read the book twice, I have been spinning and cutting for about two months. In the beginning, as it usually happens with all "honeymoons", for about a fortnight, positive experiences with children, more harmonious relationship with the wife (such as much more frequent outpourings of love), and then a couple of days with my mother-in-law and the New Year's party with two strong vampires. It took me a month to recover. Last week I had for two days a spontaneous experience of love such as described by you and Bumblebee, with a very strong feeling of love for myself, but it was stolen again the next day. This time recovery was quick (after a few days). Are you in this blissful condition all the time? This is now my motivation to carry on. Otherwise, I've noticed that my chakras are blocked at work, and if I spin them on the job and in public places the symptoms get worse. Somebody else also mentioned the same thing in an earlier comment. This is why I have decided to spin only at home. I see that as an oasis of sorts. Thank you for the lucid posts and for sharing your experience with us. Hi everybody

February 11, 2008 9:17:25 | [Bumblebee]

Sunshine, I think that positive energy comes together with the perception that you are your own source of strength, and that perception is actually the feeling of ultimate happiness. Suddenly, you understand that everything that happens to you depends on you. I think that doing creative visualization is a futile effort if your mind is negative. The result will come, but only temporarily. You will live for temporary experiences of happiness (as well all do in our negative mind), but that definitely isn't the right thing. This is because you seek the source somewhere outside. This is what Serena is telling us, we will find energy in ourselves, not outside. If we understand that it is natural to have a lasting feeling of happiness, I would prefer bliss, I think we are on the right track. Such a condition and not a lotto win should be our goal. I don't know whether I have been quite clear, I am still arranging my impressions. Generally, I am happy, and wish the same to you.

February 11, 2008 10:36:23 | [Spark]

As Potjeh, the famous character of one of the stories of Ivana Brlić-Mažuranić, the Croatian Andersen, sought the truth:

"I don't miss the feeling of happiness but the meaning of my existence".

Spark

February 11, 2008 11:42:38 | [Roberta]

I finally want to love myself, eject fear and live love – that way, I think, I will help myself and everybody around me

February 11, 2008 12:02:212 | [Humptydumpty]

Why do I want to annul negative energy and create positive energy instead? Why? I've had f... enough of fear, sorrow, hate, hunger, wars! I want peace in the world (just like any aspiring "miss"), and I want to be part of the critical mass which will get all this moving, although I read that it takes only 2% of humankind for the critical mass... and then I dig that so few people on this planet love, truly and sincerely love...

February 11, 2008 21:27:21 | [igi]

Love and harmony between the spirit and the body combined with the higher SELF and at the same time with the universe as a whole. That is happiness for me ;)

February 11, 2oo8 | [Humptydumpty]

Hey, I forgot the most essential thing: I do the merry magic most of all because I want to savvy what I want from life because, folks, I am really, I don't know... was I born to be a mom, wife, friend etc. or what? Something greater, deeper, more meaningful.... that's what I need... although I may ultimately turn out to be the best for scrubbing floors...

February 11, 2008 21:27:21 | [sunshine]

Thumbelina, I wish you a quick recovery from flu. Bumblebee is quite right. I'm a little envious seeing you already at that stage (this is probably my negative mind). Humptydumpty, you have matured quite nicely, as if you had asked me. I think that peace in the world starts in ourselves, and that comes spontaneously when we get rid of negative energy.

February 12, 2008 0:00:54 | [sunshine]

Here's my answer, too: I want to annul negative energy so that I can finally be me, the true me, happy, free and without fear. I've had enough of bad vibes all my life.

February 12, 2008 9:54:14 | [hope]

Attagirl, Humptydumpty! I also want to be a part of the critical mass which will change something for the better.

February 12, 2008 10:43:312 | [Old Sun]

Dear Serena, just as everybody I finally want to be FREE of all fears. And the rest comes with that.

February 13, 2008 7:01:48 | [Spark]

That's the point, Sunshine, I don't feel lousy, I'm fine. Even with a crowd around me I'm calm (OK, as a rule, folks, nothing is 100%). I probably look foolish to people around me, they spew bile at everything and anything, and I don't buy that and just walk with a silly smile on my face. I do have problems, sure, but they don't cause that deafening noise in my head any more as they used to.

But I think that's the beginning of the road, not the meaning...

Spark

February 13, 2008 9:09:47 | [Nera 8]

Well, it's normal that everybody wants to turn negativity into positivity provided, of course, that we are aware of it. There are people that don't see negativity in themselves, and consider themselves unique and just. I feel changes, although there are moments when I simply cannot spin my chakras, when I can't feel calm and beauty. Moments of negativity happen but I try to deal with them calmly. I follow my own intuition, and I keep an eye on myself and the people around me. I still have to work a lot on myself, but this simply fulfills me, at least now.

Hi everybody

February 13, 2008 9:22:36 | [Nera 8]

Dear Spark!

You have described this quite nicely, the same thing is happening to me, I feel great, but the people around me somehow don't accept my changes. In a way, paying fines or a destroyed piece of clothing... don't bother me. People around me can't stand that because they obviously believe that I should eat my heart out, and I can't do that even if I wanted to. And that is the new feeling I like.

Regards

February 13, 2008 14:13:22 | [name]

"It takes great courage, in the struggle for happiness, to avoid being seduced, spoiled, destroyed by happiness itself. It takes great courage, I said, to struggle for happiness, but it is great happiness if happiness does not prevail..."

St Aurelius Augustine

February 13, 2008 21:59:21 | [sunshine]

I'm glad you're fine, Spark. I'm still in the hot/cold phase, with emphasis on cold. Now I am shot by uncontrolled outbursts of rage, but, as distinguished from such cases before, I cool quickly, and I find that strange. Before I used to sulk for hours. This is probably the cleansing phase... Everything comes to those that wait. Regards

February 14, 2008 13:08:46 | [Humptydumpty]

I know that this has nothing to do with the given theme, but it is important to me at this moment... my extended family is numerous: four aunts and two uncles, all married with kids and grandchildren, we don't all live in the same town... Now, all this family, with my grandmother (94) at its head, has no particular contacts... in fact, nobody meets with anybody, our last reunion was fifteen years ago, at a funeral, I have no idea about the names of my next of kin, and they don't know anything about me either, except some childhood events... now, is there less vampirism in such families, simply because everybody leads his own life and only sometimes I hear something about somebody from my grandmother? Or is there no connection? The same applies to my sister, we live in the same town and yet hardly see each other, and talk on the phone once in six months... I know it sounds sad, but that's the situation...

February 15, 2008 13:18:39 | [Old Sun]

Humptydumpty, there is much less vampirism in such cases. As I remember, Serena's family was very closely knit. In *Geometry*, I think, Serena writes that we are in most cases vampired by our next of kin, meaning those with whom we spend most of our time and with whom we have the deepest emotional links. The fact that some people are related to us and yet we have no contact with them at all, does not, I think, have a great significance in this case. Serena?

February 16, 2008 20:31:57 | mindpositive

You are right, Old Sun. Frequent contacts, shared life create energy links, and not just relationship by blood. Therefore, in this regard Humptydumpty's situation does not deserve the qualification of "sad". If you were quite candid, wouldn't you say that you would not choose at least 98% of your closest kin to be your friends, or would even prefer avoiding them in the street?

And, let me answer about my "bliss", because the question was put more or less like that. I am still involved in a major struggle with negative energy. Current relationships are settled and

reduced, but the past has begun to surface. And all the past is negative frequency recorded in the body. A motivated mind understands positive and negative energy fairly quickly, and it is the quickest in that switch-over. But the major job is the body because, let me repeat, the past is recorded in the body. That is why it is affected by chronic sickness, degenerative ailments, ugly aging, because all our past is experienced in negative energy. And now all that has to be "erased", annulled. I am doing that now, and that's why I am in a similar phase, "hot/cold" as you say. The difference between you and me lies in the fact that I have no doubts in this process; if I do not understand something, I patiently investigate the matter, observe my experience, and ransack books. I have continuously been advising you to do the same, it's just that I have covered a lot of ground in that direction while you are still at the beginning. There is another difference: I am never sick, and nothing troubles me, from a cold onwards. So, I am not like Potjeh, I know the meaning, I have a clear-cut goal and hence my happiness, although negative energy continuously pounds me, from this or from that quarter. And I am calm. I was pleased to hear that some of you have also started to feel that peace even if surrounded by all the storms in this world. When you are calm you'll weather every storm.

43.

Sunday, February 17, 2008

Learn to NOTICE fear

Answer to Breeze: Whenever you feel fear, and you are not parachuting from a plane for the first time, negative energy is twisting you. This means that your fear was not caused by a vital problem but is, rather, ABSTRACT AND IMPOSED (by the person stealing your energy). Abstract only conditionally, because it is very real and threatens your life - but at the energy level. We mistakenly link it with current events in our life, and so it turns out that we are afraid of life and of problems. Which is not true. These are illusions which can be understood and exposed only with positive energy.

And you just get cracking with "merry magic".
Or just "step 1" ("black sheet"/"press"), several times during an hour.

You will simply notice, notice very consciously, that thoughts about fear have DISAPPEARED. And, conversely – as long as you have thoughts about fear, be sure that negative energy is here. Learn to recognize muscle contraction, the cold that overcomes you, and the mind which seems to wander off so that others notice that and ask you – are you here? Negative energy simply sweeps away your consciousness, your mind, your thinking capacity. Learn to recognize such conditions, do "step 1" (just step 1 - a couple of hours, and maybe even several

days). Later on follow up with the entire “merry magic”.

Then learn to recognize how you succeeded in activating positive energy. You will recognize your achievement by your physical liveliness and willingness for any work, mental clarity and effortless presence in the NOW and HERE. By your peace of mind. By not having any mean thoughts about anybody or anything. You will also be able to recognize your success by noting that nobody in your environment feels poorly. Other than people older than you (temporarily they will feel worse because they will no longer have your energy, but that’s how it should be, and in time they will also feel better, as shown by their decreasing blood pressure). And except your vampires, who will also be worse off when they remain without your energy; however, in most cases they will recover very quickly, unfortunately, because they will find a better victim. That’s a complex job.... But it will become easier when you realize that the basic thing is the UNDERSTANDING of all these human relationships and the associated illusions. And when you realize that you are increasingly CAPABLE OF UNDERSTANDING, and that you know when you know it. There is no more insecurity with respect to your judgment.

On this blog we have adapted a little some “merry magic” details because your experience has shown that this needs to be done – although I wrote in my book that one needs to wait, half an hour and even more, after “step 1”, before activating the chakras when we are exposes to strong negative energy. Your experience has shown that this is not enough and that only “step 1” needs to be applied for a longer time in moments of crisis.

How long do we need to apply “step 1” only?

Well, the key point for that involves learning how to RECOGNIZE fear, RECOGNIZE negative energy at the physical and mental level. Learning how to DISTINGUISH positive and negative energy within oneself. Then you will feel the proper time to start spinning your chakras, mainly on the basis of your peace of mind and the absence of any nervousness or anxiety.

When you did not know how to activate positive energy, negativity was your only, set, “normal” condition. Now when you know how to do it, all you need is a little focusing on feeling and noticing the difference. And it is precisely this OBSERVATION that will help you to reduce your time in negative energy. Only like that you will know that you need to apply “step 1” and you will know when to apply it. Until you learn it, do it every hour.

Let me know if even this, the above described process of release from negativity, fails to achieve the purpose. With as many data and observations as possible. We can always tune our method even finer. If necessary. Your EXPERIENCES and OBSERVATIONS are truly precious.

Stay alive and kicking!

February 18, 2008 15:08:04 | [Humptydumpty]
Really, when you activate positive energy the older members of the family start getting sick... even since I started spinning my chakras, my step-father had a stroke and my grandma ended up in hospital (she was never sick in her life!), and relations with my next of kin keep improving all the time, somehow we are more sincere, we keep telling one another how we feel right away, occasionally someone yells, sometimes we just keep our mouths shut, but we nevertheless savvy one another... and as regards fear, that's the greatest ecstasy... I really feel as if it were sliding off me as time goes by... I was awfully afraid of some things, for instance in connection with my health, but now I somehow know that everything's OK, whatever it may be like, just crazy, honey... kiss-kiss
February 18, 2008 220:33 | [Bee]
Hi! For more than five years I have been trying to find answers to the questions you are considering in your book, and I am relieved to note that many answers can be found in your book. By the way, ten years ago I was initiated in Reiki. And, I didn't want to go any further because I intuitively felt that it was not good for me. My intuition is well expressed, above the average, and so far I have managed to get rid of many negative patterns by means of assertion, meditation and prayer (asthma, duodenal ulcer, depression...), and it functions this way, but it is much slower than the process you describe in your posts. Specifically, I am interested in the following: can I activate (spin) the chakras of my daughters, 14 and 7, resp., in the positive direction, with the help of visualization (I am fairly efficient in that respect, but I am not very persistent)? In particular I am concerned about the health of my younger daughter because she suffers from all kinds of fears, paranoid obsessions and allergies (unfortunately, I could possibly be her vampirella because she's the daughter that gets more "attention" and "love") and for some time (before reading your blog) I have noticed that her condition gets worse proportionally to the time she spent with my mother-in-law and father-in-law with whom we live in the same house. How to protect them both, my older and the younger daughter? Unfortunately, my relationships with my husband are irretrievably impaired. Regards and all the best
February 19, 2008 8:58:58 | mindpositive
Welcome, Bee! Maybe you haven't read the book to the ed, or maybe you missed the part which describes how children spontaneously get energy-positive when their parent or parents attain positive energy. This is because children (younger children such as yours) imitate their parents in everything, first and foremost in energy maters. Therefore, don't visualize and spin their chakras. Definitely not. Work on your chakras, do the "merry magic".
You say that you managed to get rid of asthma, duodenal ulcer, depression... by means of assertion, meditation and prayer. I don't doubt that. But at whose expense? At the expense of your children. Because your younger daughter suffers from, quote, "fears, paranoid obsessions and allergies...", unquote. That is the main point I have continuously been telling you. How can

you say that you are cured if your child is poorly, and she certainly is. Those are the results of the methods and techniques you describe, and of all others. I am glad to see that you are also beginning to understand that after reading *Geometry…* ("unfortunately, I could possibly be her vampirella because she's the daughter that gets more "attention" and "love").
And you need to settle the relationships with your mother-in-law. Even if they are formally good, the question is what they are like in energy terms. Devote attention to that theme, observe and take the necessary action when you realize what's necessary. In most cases old people are a major energy burden for all of us, younger people. The story about my grandmother Irena is not a story about rare old people but about many old people. Nevertheless, always start from yourself.

February 21, 2008 8:47:15 | [Bee]

Hi everybody! Here I am again. Thank you for the comment, Irena... you're right, we must always start from ourselves. I know, from experience, that a "crisis" always occurs whenever there is any movement in the positive direction, i.e., whenever we try to get rid of negative patterns, but sometimes I think it is all so confused... I have no intention of stopping on my road, but, sincerely speaking, I am already tired of continuous energy oscillations (I manage to "get positive" and work continuously with the "merry magic" but my husband – if nobody else – manages to push me below zero in a second). In other words, now I am at one hundred and within a couple of minutes down at a nice fat – zero. Is that normal in the initial phase or do these oscillations seem to be more dramatic to me because in the past I did not devote conscious attention to them? I don't know how to "settle" relationships with my mother-in-law because she is indeed a very negative person and, moreover, gloats (without even trying to conceal that) over other people's misery. My older daughter has simmered down somewhat, but is still fairly confused, but the younger one is more and more prone to uncontrolled outbursts of rage, jitters etc.... All praise is due to you and to this blog. All the best to all of you!

February 21, 2008 21:12:55 | [leeloodesign]

Since the topic is old folks... here's my experience... I somehow managed to explain the energy situation to my mom (who is the leading, 100% vampire in our family... every description in your book and in the posts confirms that), and she supposedly got the hang of it and started to apply the merry magic... but it seems she did not do everything properly, i.e., she did not work step 1 but only step 2 for a couple of days... and today her blood pressure soared sky-high and I had to rush her to hospital... I explained that she should do the whole exercise – step 1 and step 2 – and that energy is not to be trifled with... she probably collected energy from her environment and I believe that this is why her pressure jumped... I know that we must start from ourselves but I am still pausing with my merry magic while I am pregnant... I think that everybody in the family will be better off if she activates her positive energy and leaves all the others in peace. What do you think? Love
Nataly

February 21, 2008 21:20:34 | [sunshine]

Bee, similar oscillations also happen to me, and this seems to be inevitable in the beginning. This is what works in my case: as soon as I feel a negative energy attack from my wife, I cut with the sword and that way manage to stop the attack at the outset before it gets into full swing. And then we hug and kiss each other, really amazing, as if nothing had happened. As regards the mother-in-law, that is a somewhat more difficult case. I think the best way out would be to move out. Cordial regards

February 21, 2008 22:43:11 | [sunshine]
Nataly, I think your mom should do only step 1 for a time. That is also what Serena wrote in her latest post, and my experience also confirms it. I have noticed that I get worse if I do only step 2 in the presence of negative energy. Cordial regards
February 22, 2008 9:19:08 | [Nera]
It's so nice to read all of you, experience is certainly welcome. I have the same problem as Bee and can't move out because this is related to a thousand of other things. I can't explain the merry magic process to my mother-in-law because you meet such negativity and such a difficult person maybe only twice in your life... nevertheless, I was persistent and managed to achieve some happiness. She is the dominant person in the family, she rules – now things have changed. She no longer controls my life, and my husband and I are somewhat better persons, our children are better, only her life is worse because she loses her dominance. She does not accept that part of the vital process. I can only thank Serena, thank you all, for without you I would have given up. Have a nice and peaceful day, all the team.

44.
Friday, February 22, 2008
Mothers-in-law, moms and dads

I have already written a lot about mothers-in-law, grandmothers, old aunts, old people... With due respect to exceptions – because there are some, I don't know how many, not even in percent – most of them, honey (as Humptydumpty would say), don't let the others breathe. I am not going to get into details (because this is a topic which I intend to leave aside for the time being), but all the marital problems of the following generation, that is, the marital problems of young people, are caused by the foregoing people. And these marital problems last forever. And when *they* grow older, they cause marital problems to their children... and we have already stressed that sad historic sequence.

Having said that, I didn't mean to say that we are not responsible for our life. We are absolutely responsible, but one thing is essential: we must understand the historic sequence and context in order to assume genuine responsibility for our lives.

Moreover, I used a heavy wording: ALL marital problems.

I shall summarize this in a very clear description: when parents live on the energy of their children and, then, as well, on the energy of their partners, and of their grandchildren, these young people have a task of which they are not aware, but accomplish it without any questions and through and through. Parents have forced

on their children a task called GET ME VITAL ENERGY.

We know that everybody can and should create/produce energy for himself/herself.

When you have the permanent task of doing that for somebody else, you are his/her SLAVE. Literally. You don't look after your kids and your family. Even if you feed them, clothe them and create a home for them. You harness all of them to give their energy to the oldest. Your wife/husband and your kids are not your family, they are second on your list. Your family are your dad and mom, they come first – however emancipated, or however apart from them you may be. This is why ENERGY EMANCIPATION is called for. Release from ENERGY SLAVERY.

All these are challenging words, but I have discussed all that in my book, only in somewhat milder terms.

How, then, can young people succeed in their marriage? They can't. They have never been able to. One has stopped concealing that only in the last fifty years or so.

You mention the problem with increasing frequency in your observations. Because it is only with a positive mind that you can observe the situation and start resolving it without creating new negative emotions. We can't start to hate these people, can we?... I have explained that too in my book, so I'm not going to repeat the story.

So, now you are faced with an impossible mission – how to go on living with your loved ones who created you? Truth to say, the older you are and the older they are the less dear they are, and you experience them as an obligation. So, let's not shoot the bull, that's the way the cookie crumbles.

Let us now turn to specifics.

We have seen several attempts, by readers of this blog, to teach – in a nutshell – these dear and unbearable parents/vampires to get their positive energy moving, to spin chakras. For the time being all these attempts have failed.

So we again come to the conclusion that we can't treat our energy dimension mechanically or understand it exclusively in physical terms (although the understanding of the physics of our energy is extraordinarily essential). "Here, these are chakras, spin them this way and everything will be fine..." Energy needs to be activated with deep understanding of the meaning of the act, because of its human meaning. Therefore, don't give anybody brief instructions for energy behavior

("merry magic"). The person you are targeting ought to read *Geometry*.. from the beginning to the end in order to understand the meaning of energy work.

Children accept positive energy spontaneously because they are born with positive energy.

Older people do not accept it spontaneously, and they need to UNDERSTAND it and be persistent in applying what they have learned. God gave them the wits to use them, if they can. So, wits turn out to be a "second chance" because we wasted the gift of positive energy received at birth.

And thus we come to the motive for this post, and that is Nataly and her comment regarding her mother: *... and she supposedly got the hang of it and started to apply the merry magic... but it seems she did not do everything properly, i.e., she did not work step 1 but only step 2 for a couple of days... and today her blood pressure soared sky-high and I had to rush her to hospital... I explained that she should do the whole exercise – step 1 and step 2 – and that energy is not to be trifled with...*

This happened to the (not so) old mom because she kept spinning and spinning, consciously spinning the chakras, but counterclockwise. She certainly wanted to spin them the way her daughter explained but her long-time habit of inverted spinning pushed her into doing something she was used to do. Moreover, she did not do "step 1". That's why her blood pressure soared – because she accelerated, and very much at that, what she was doing otherwise. Therefore, her pressure did not increase by accident and because she spun her chakras clockwise.

High blood pressure is always an indicator of negative energy. WITHOUT EXCEPTION.

So Sunshine answered Nataly: *...I think your mom should do only step 1 for some time...*

And this "some time" should be at least six months for an elderly person, an obvious active vampire. Stopping/annulling negative energy is crucial. After that these elderly people can spontaneously – along with you positive ones – take up the positive chakra spin. That still has to be checked. If they are still willing to learn something about energy after that, they can try and start to spin the chakras – in my assessment only after six or twelve months.

My past observations show that old and/or very negative people – when they,

spontaneously or after being encouraged by someone like Nataly, activate positive energy because there are several young people spinning chakras around them – don't recognize that as something good. They simply become afraid of positive energy, they find it so strange and unknown that they immediately switch to the negative side. Their maximum is to reach the point at which they stop their chakras in a positive energy environment; they are neither negative nor positive, they steal energy much less, and their overall condition is fairly good, and mentally they are better off than before.

But that is just a very unstable "equilibrium", just a slightly better condition than before.

On the other hand, I am familiar with experiences of elderly people who easily accept spontaneous spinning in the positive direction – nobody told them anything about positive energy, but more and more young people in the family activate positive energy, and they accept it with joy. However, there are also major oscillations, because very often they have a sister, aunt or some other member of the family, in the same or in the older generation, who is negative (the parents or mothers-in-law are already dead) and who then starts (or continues) to vampire them, and they again enslave their children, even if they do the "merry magic", and their partners. But there is some chance for a slow improvement if these young family members are persistent in activating positive energy (and, before that, in stopping negative energy) and understand the reasons why energy drops happen, and slowly re-educate their parents. If they can't move away. (Note: the experience of many readers has shown that the "impossible" moving away is still very much possible. New smartness acquired with positive energy creates new ideas, and new ideas create new reality).

The most important thing in this re-education process involves showing the old people that they are no longer the heads of the family, that they are not the smartest, the most experienced, that they do not deserve respect exclusively proportionally to the number of their years but proportionally to the life wisdom they have or don't have – and in most cases don't. Show them, openly, and tell them when they don't understand the issue, behave poorly and take wrong decisions. And show them openly that you are not impressed. Assume the leadership. That is crucial. Let them understand that you don't recognize, in any way or in any matter, that they are the HEAD OF THE FAMILY. All this slavish hierarchy rests on this allegedly discarded "head of the family" idea stretching over a series of at least three generations. This idea has been rather rejected at the manifestation level, but it still functions a hundred percent at the energy level.

In order to achieve this you need to create a sufficient amount of energy and only that will give you enough courage for such a revolutionary change of attitude toward elders.

Don't hesitate to make fun of them. That is one of the best tactical approaches. Openly show disrespect whenever you think it is required. Don't let them be any exception with regard to other people just because of the "parent, mother-in-law, father-in-law" or any other champ title on their T-shirt. Champ, my ass!

Children should be respected, because they are the least energy-negative, and not old people, because they are old.

I was pleased to hear that Nera was able to rein her mother-in-law in, at least a little, and that this immediately had a bearing on the improvement of relationships in the family. Just follow the situation carefully and change what you can.

Energy oscillations, Bee, begin to happen only when we start to activate positive energy, that is why we notice them. Until that moment we are constantly negative, and that has the worst bearing on the last members in the chain, those that have nobody to steal energy from – the children. Now we are the ones who get the chakras moving, the last in the chain, and we suffer the most from negative energy. That's the way it's got to be.

I hope that nobody will think that this is "unjust". In your case, Bee, things are going to be turbulent. Try to manage somehow. Maybe the situation with your husband is not as bad as you think. Having said that, I don't think that one needs to tolerate the partner's bad behavior; rather, I think that your positivity can make him notice that as a change and help you to apply more adequate procedures in his regard. Maybe he is so handicapped by his mother that does not even see you and the children. Maybe you'll manage to turn his attention toward the kids and yourself.

I will not say anything more precise about myself, Humptydumpty, although I have disclosed a detail or two. I shall remain consistent in this regard. The fact that more and more people read *Geometry…*, as you mentioned, delights me extraordinarily because that is our only chance – the more of us, the better. Then we shall not have on our hands such a tough fight with oldsters, bosses and others at the top of the vampire pyramid. You have acquired a sufficient amount of energy-related knowledge and perception, and experience, and we trust one another enough, so I

can tell you that the fight is much tougher than I indicated in the book. In many cases. Your experiences have confirmed my conclusions.

Do you want to revert to negativity because the situation is so difficult and because the struggle takes so long? That's always possible. As if you had never spun chakras clockwise. We really have the freedom of choice.

Stay alive and kicking!

February 22, 2008 22:07:04 | [Nera]
Thank you Serena for the wonderful post. You wrote just the way some of us felt (like slaves), and now the time has come for action. You are magnificent and through these comments you will be updated on the current situation!!! Cordial regards from Nera
February 22, 2008 23:57:23 | [leelodesign]
It is difficult... indeed it is, but the most essential thing is that there is a solution... Thank you Serena for everything you have managed to explore and transmit to us! I'd also like to thank the team for the useful advice!
Love
Nataly
February 23, 2008 | [Humptydumpty]
Ok, fine :((((: never mind, I've already said it, what is important is that you are sharing all these things with us and thanks once more for that... I just wanted to comment something about little kids because occasionally in my life kids used to drive me up the wall and I could hardly wait to get away from them, those were mainly spoiled children who want everything to be their way and give people a hard time, they want everything right away and they keep being a pain in the ass... only now I gathered that these kids just yearned for help because someone was vampiring them real hard...
February 24, 2008 17:43:37 mindpositive
Whenever you see little children whimpering and think they are spoiled, they are screaming just because someone is grabbing their energy (someone! ... their mom, grandma, aunt... whoever they happen to be with). If you could check that with a pendulum and block the negative energy of the person, you would see that the child would calm down THAT VERY INSTANT even if he did not get what it had wanted. And you would see that his energy was positive then. Maybe some day you will be able to carry out such an exact and measurable observation.
This is why I say that little children must be respected. This does not mean indulging them, but when you let them be positive, and they still can be, you don't have to indulge them or educate them a lot. They are perfect and wise. Truth speaks out of them. If we only knew how to interpret that.
February 25, 2008 | [Bee]
Thank you for your comment, Serena. All these things we have been discussing, I know that's like that, but now it (finally) got a concrete form. I know things are going to be turbulent, that's quite clear, but this also stimulates me to keep "fighting" and persisting in my intention to get myself and my kids out of the negative. I don't know how the story with my husband will end.

Unfortunately, there's no love between us, there never was, and that was a terrible realization. He sought (and found, with success) his mom in me, and I sought a way to run away from my sisters and parents. It is only now (paradoxically) that I can appreciate and respect him as a person, a complete human being, but that is not enough, I can't live in a lie! Now I'm facing a wall, everything's clear, I know everything, but I don't see a way out, and that can really be frustrating – a lot! I still don't do anything, and time will show. Hi guys and keep spinning merrily!

February 25, 2008 14:10:54 | mindpositive

With reference to your comment, Bee, I'll say something quite in principle, meaning that it is not an "advice" for you. Your comment confirms what I wrote in my post, i.e., that young people "resolve" by marriage only something from their parental home, and their marriage is in the background.

However, people don't get married just by chance. Maybe, after all is said and done, when you become aware of this unconscious parental manipulation, even after quite a few years you can still stir up that youthful attraction which brought two young people together and, after a long delay, you become what you had wanted – your own, free family with your kids. Not with parents, sisters, brothers, aunts and who knows who else.

To be sure for a complete release both partners need to be fully aware of the above situation and focus on energy release from both parental families.

February 26, 2008 15:11:25 | [igi]

It is better to be alone (without a partner) all your life than spend even five minutes with the wrong person. Life is beautiful and offers so many things to see, experience, try, taste, enjoy... and it is really a pity to have someone restraining us, although in most cases *we* restrain ourselves...

February 27, 2008 21:0009 | [Ratka]

I have been spinning for nine months. Maybe, as you have said, I should have done only step 1 for a few months because nobody around me does the merry magic. That way I would have cleansed my negativity and become more ready for positive energy. But I did not. I couldn't wait to start off with all of it, completely. And, I admit, I expected results. Without boasting, things are improving. As a matter of fact I am very pleased. Today I saw *Geometry* in a downtown bookshop, it was displayed quite prominently in the window. That means it is sought. And that pr0minence in the window means: "We sell it, come and get it". That way the number of people that spin as we do will increase, and this delights me. And spinning does help indeed. If only all the people knew it. All those that get a cold after hitting a draft, are terribly upset by the sirocco, kill themselves by ironing every rag in their household, keep guzzling antibiotics, have constant allergies due to... who knows what, dispense advice left and right because they know everything, tells you stories about the hardships in their life that happened twenty-five years ago and start crying over their horrible fate and expect you to cry with them... and, in fact, revel in their problems.

And now I'm off to spin. Haven't done for two hours.

Hi to all spinners

February 29, 2008 14:30:19 | [Nera 8]

Sure, in this phase you hardly feel like listening to other people's moaning – that's OK. How much time have we spent listening to other people's problems, how much energy have we lost – what for? Now we know the essence of such discussions and we no longer need them. We have

understood that they are of no use for us, and that we can't help anybody that way. As far as I'm concerned, I really need fewer and fewer people around me, although up to some weeks ago I enjoyed sharing a cup of coffee, stories are everything that goes with it. I have read *Geometry* three times and now I see something I did not see all my life. Hi everybody

February 29m 2008 8:31:50 | [Bee]

Interestingly, we are all roughly in the same phase (regardless of how much any of us practices the merry magic). In the transition phase it's quite alright to withdraw and be alone, it's even indispensable not to "experience" other people because that's the only way to be aware of where we are, what we are and what we want from life. Of course, any work on oneself toward the positive also involves cleansing phases, the so-called listless, depressive phases, and even phases of "righteous rage" along with the "sick" phases manifested at the purely physical level. But Serena has very nicely explained all that. In order to feel better, we need to get rid of all the accumulated trash, but when we get into such a phase that means something is happening, i.e., that we are on the right track. Sometimes it's truly hard to cope with all that, but it's worth the effort when you know that things will improve later.

March 2008 15:34:40 | mindpositive

I see you still have problems in turning off friends, colleagues, neighbors and other even more casual people who want to use you like a trash can/shoulder to cry on.

You've noticed that they tell you that you are not a nice person because of that, and the like. That's a good situation for stopping to pay attention to this kind of other people's "views", disapprovals, raps... First, you understand that they don't do it from a moral position, but because they don't like the situation in which they can no longer get your energy, therefore because of absolute selfishness.

Second, when you begin to have a mature view of yourself, when you are sure that you behave appropriately and correctly toward other people – in YOUR OWN judgment and not in theirs, that is, when you are sure of yourself, you will see that they will stop complaining about you and begin to APPRECIATE your attitudes and behavior even when they don't like them.

And, most important of all: whenever you permit yourself to listen to confused and freaked people to tell you their jeremiads or dish dirt about other people, and that often goes together, you will immediately MAKE UP for that loss – because they will exhaust all your energy – THE OLD HABITUAL WAY. The vampire way. Because that is very EXHAUSTING.

And who will you make it up from?

In most cases, FROM YOUR CHILDREN AND YOUR PARTNER.

Should your family suffer so much just because you did not work up the nerve to tell someone: <u>sorry, I'm in a hurry</u>.

Do think about that, really.

A friend of mine diligently spins chakras together with her husband, and still cannot accept this radical concept. And they all pay for that with sickness in their family. But, I told her, sorry, dear, I'm in a hurry. I could not behave otherwise because she transferred the cost of her compromising attitude onto me. That is why I am telling you that UNDERSTANDING is essential.

March 1, 2008, 16:01:00 | mindpositive

Your comment is good, Ratka. Especially because now I have to do with the team that has some difficulties with the ”merry magic”, so we placed greater emphasis on “step 1”. In line with requirements, that’s a useful modification.
We are really very different, we start off from varying degrees of negativity toward getting positive energy moving, and the difficulties on that road are also different, as is speed.
But, as Thumbelina said, the phases along that road are nevertheless identical for all.
This is yet another confirmation of the universality of this method and of the whole concept from which it originated. Universality means that it is equally applicable to all people (sick people still need their doctor’s checkup) and that it deals with all situations in life – whether energy, mental, physical.

March 3, 2008 21:52:37 | [sunshine]

Today I noticed that I was being vampired during a meeting in the office. I did step 1, then crossed my legs and arms, and fingers. I read somewhere about that as a defense method, and I can tell it works. I saw some other people present at the meeting doing the same, probably instinctively. What do you think about that, Serena? Have you ever used this as defense? Otherwise, I’m becoming more stable, I no longer get jittery so much, thank you Serena, ciao...

March 4, 2008 9:42:07 | mindpositive

As regards problems at meetings, Sunshine, you noticed quite well that it is difficult to maintain one’s energy. In most cases people at meetings are energy negative because they are worried, or because they did not do what they should have done, or because others did not do it...
Try this – do only “step 1” for yourself, and repeat it quite often (you’ll always find a dozen seconds). In your visualization cover all the others with the “black sheet” (Note: pay attention to how I started to introduce the “black sheet” idea here), hold the picture at least half a minute and watch how the relief forms of the persons under the sheet disappear, i.e., the sheet becomes a flat plane.
Repeat that several times. And let me know the results.
The essential point is knowing the GOAL and the MEANING of every visualization, this one included: for the sake of your own defense, you stop the negative energy of everybody around you.
Your intention is not “to help” them, although essentially you do that. Everybody feels RELAXATION already in the moment negative energy is stopped. Of course, for a short time, for as soon as you leave, they unfortunately revert to their schemes and habits.

March 4, 2008 | [Terah]

Crossing legs and arms, and fingers, means that you are bottling up and maintaining a negative attitude. I have read that in Allan Pease’s book, among other things. Such an attitude has not been proven favorable in practice. I don’t know whether you have noticed that, on the other hand, opening up your interlocutor or yourself is not a problem. Hi

March 4, 2008 9:49:12 | mindpositive

Terah, I haven’t noticed that crossing legs or arms influences energy transactions. The author you are quoting obviously knows nothing about energy communications and repeats some of the usual psychological fallacies. Your attitude – positive, friendly, open, sympathetic... whatever nice attribute you may want, will only allow the vampire – if you are used to being a vampire victim – to strip your energy more easily.
The same type of positive attitude (i.e., at the level of the psyche) is used by vampires in misleading the energy victim into opening up as much as possible and robbing her again.

Therefore, my “opening up”, after which the other one will supposedly open up too, is not sufficient in any case. Quite the reverse is true. I open up and the other one robs me – that’s the way it always functions. These are the pitfalls of psychology, mistakes which it pays with great therapeutic inefficiency and ignorance of its own subject, the human psyche. But this is a complex explanation provided by *Geometry.*… in its entirety...
From this comment I see that you have not understood my book at all, if you read it. And that means, either read the book or read it again if you want to understand this topic.

So many books and popular authors recommend this OPENING – open up to the interlocutor, open up to energy... Quite the opposite, I claim and support my claim with arguments – bottle up, folks, don’t let them steal your energy, don’t snatch energy. This show you how vampire concept has prevailed both in professional and alternative psychology (which is often very unprofessional and, therefore, shoots the bull with so-called “spirituality”).

45.

Friday, March 7, 2008

DON’T BE A POLITICIAN TO YOURSELF

On talking – with whom, how, about what?

What do this blog and this talk mean to us?

You have probably noticed that you don’t find it easy to talk about human relations because people very often do not understand you when you present new perceptions and experiences after having applied *Geometry*. They feel your strength, they will appreciate you, even follow you, but the conversation in which you completely express some topics you care about happens perhaps only here. In time, when you gain allies among people you associate with, you will also be able to talk with them as on this blog. Although you will no longer need to analyze yourself with others. When you understand yourself, and that begins to happen, you talk with other people about what you are doing in terms of your “projects” and undertakings. This turns then into rather “male” talks. Now listen to men too – they talk about business, hobbies, sport. They don’t discuss human relations. Women experienced that as a male deficiency, but that is – on the one hand, just practical male savvy which intuitively didn’t meddle with something that would produce a poor result, and, on the other hand, it seems that men do not fare so poorly (energy included) as women and therefore have no particular need to speculate a lot about psychological problems.

With a negative mind, this female psychobabble boils down more to mutual support

in negative emotions, therefore a buildup of negative energy, and less (if at all) to progress in the understanding of anything.

A long time ago psychology arrived at the conclusion that we need to talk about ourselves with other people because otherwise we would suppress everything into the unconscious, and talking is supposed to provide friendly support and advice. This sounds reasonable and human if energy detection did not demonstrate the opposite. Even well-conceived classic psychological studies show that. Recently a paper published an article about an investigation among teenage girls, showing that their talks about themselves and about their problems have become counterproductive and that they promote and propagate depressive conditions among girls. And this contradicts the psychological rule from the first sentence of this paragraph. Psychologists do not understand this, I do.

When you express attitudes such as “men are horrible... the world is apocalyptic... my wife does not understand me ... my boss harasses me” you primarily enhance your negative energy and TRANSMIT it to your listener. If he/she does not oppose that attitude but agrees with it to a considerable extent because it is “so obvious”, through negative resonance you two have reinforced your negative energies. Essentially, this is not a process involving the reverse of the suppression of emotions, as claimed by psychology, but a process reinforcing negative emotions. Today people can’t cope with that. Nor can they know how to without stopping negative energy and activating positive energy.

Totally unlike this friendly idle talk (even when there are good intentions), when you sincerely try to describe your experience, as exactly as possible, by WRITING, you will achieve a new degree of understanding and freedom and clarity. More and more you abandon the urge to present yourself the way others expect you to, and more and more you are true to yourself. The true you, the higher self, begins to prevail. This is infinitely important. Writing adds discipline to your thoughts. When you write something and then read it, you detect shortcomings, think about them (with a positive mind), then delete (bless the computer !!!) – and re-word your thought better. This is an exceptionally creative process of building a new “you”. When you tell your positive thought to somebody with a negative mind, he/she doesn’t understand you, you feel that, and the THOUGHT DIES OUT. When you write it, you are alone with yourself and have the freedom of articulation and expression. When you know that you are going to publish this on this blog, then you know that I and other people will understand and that we shall creatively correct or complement what you said. In this way you will progress in understanding, and thus we support one another, this time in a creative process. Sincerity is the backbone of

all this. This, then, is resonance in positive energy. So, this talk can only be good and invigorating among people with positive energy.

While *Geometry…* was being built in my mind and in my experience, I found extraordinary help in talking with my adult children who were already activating positive energy. The ideas were first somehow in a hazy state, but after talking with them I figured out exactly what I wanted to say. I saw the weak points. And writing the book further improved the consistency of my thinking.

But, but – at the same time one needs to do the "merry magic" all the time, especially "step 1". A very intelligent girl who has her own blog writes very nicely and is full of positive wishes and needs. She has been reading my blog, she thought she had understood something, but she did not do the "merry magic" regularly and got a meaningless result; she writes posts every day, long analytical posts in which she has been rehashing, like a parrot, one and the same problem for a year. I don't think she spins chakras at all, but I also think she has read everything I wrote. Of course, reading my book is certainly not enough for your mind and your emotions to become positive. Even after that there is no progress. Just a hazy presentiment that things could be better, just like the repetition of the slogan "think positive". Slogans are political tricks. This is then an empty policy toward yourself. You turn out to be a do-it-yourself politician. Because you did not practically apply what you thought you had understood after reading *Geometry….*

You can "think positive" as much as you want when you attempt to solve a difficult equation, i.e., repeat, infinitely, 'I'm solving the equation, I'm solving the equation', and try to solve it this way. Come on! How positive can you get! You can't solve the equation if you did not learn that math, until you have the real KNOWLEDGE". Practiced every day, the "merry magic" is your knowledge of the "mathematics" you need for resolving vital equations. The "merry magic" is the training of your mind and your emotions. Without training there are no supreme achievements in anything. And the same holds true for the proper technique.

Here we are analyzing how your training progresses. If you need that, when you need that, for as long as you need that. I find it quite productive.

When I opened this blog I wanted it to look approximately the way it does. I could not be sure how it would turn out. Now I am very pleased.

Stay alive and kicking!

March 7, 2008 10:21:24 | [Humptydumpty]
Long live the merry magic! This is cool, this dropping the need to be what others expect me to be... although there's work to be done, good work, to understand what are the things I'm doing, talking, thinking in order to please others... Ciao
March 7, 2008 15:45:21 | [Old Sun]
Dear Serena, you wrote I ought to let you know any changes about myself, so here it is: I noticed that of late I've become very cynical – never without a reason, you should not think that I am waspish like a quarrelsome broad, but with good reason, I just shoot cynical comments. I can't recognize myself and I am not sure I like myself in this form!?! Namely, sometimes I think, "what have you turned into?" I simply comment on poor behavior – especially with regard to my colleagues at work. And I cynically tell them what I think.
March 7, 2008 15:59:55 | [Hope]
I regularly follow the blog and feel no need to call in frequently. But, there, because of the new arrivals, and because of you, Serena, if you keep any statistics: after two readings of your book and five months of practicing, I think the merry magic is really a revolutionary method. I'm experiencing the same things you describe in your book, I find answers and solutions just when I need them. I wish us all a lot of persistence and success because I think that the world has reached a watershed and that our "droplet" means a lot. Bye
March 8, 2008 21:14:19 | [sunshine]
Old Sun, I have also noticed that I have become cynical in some situations at work, and I find that strange when I compare that with the way I felt before. I simply can't keep my mouth shut. But all that appears to fit somewhat into my new, much stronger self. Hi
March 10, 2008 8:41:36 | [Humptydumpty]
I also think cynicism is a transient thing because some people, whom I already gave a good talking to, immediately changed their relation toward me, and now I don't have any need to be cynical because I now finally uphold my attitude and nobody touches me – in line with that, you know, "let sleeping dogs lie..."
March 10, 2008 14:10:17 | [Humptydumpty]
... but this sleeping dog does not lie and her eyes are wide open... there, I am just reading about the "Emo" movement which has spread among the young, my daughter also has a group like that, and this fits in with what Serena said talking about our gabbing at great length about our problems, because young people in such groups openly talk about their problems, about things that bother them, and that eventually results in a death wish, i.e., the problem is not solved... so far I could not figure out the people who commit suicide either, I thought how much strength they needed for something like that, and now I get the point, they were hit by heavy artillery and simply couldn't think of a solution because they were totally out of energy... what do you guys think about that?
March 11, 2008 21:04:53 | [sunshine]
Humptydumpty, my friend killed herself some years ago, and I remember, the last time I saw her, just before that, that I had the feeling that only a mask or a shell had remained of her, and that she was totally empty inside. Now I have put two and two together, as you did, and I understood that they had totally drained her and that she actually had no choice. On her job, and that was her problem, she "gave" too much to people with negative energy, and they, of course, took advantage of that.
March 11, 2008 21:39:24 | [Terah]

I looked up the Emo movement on the web. I don't belong to that style and did not pay attention to it, but I belong to that sorrowful generation. I gathered that this sorrow has been present for generations. And just today, as I was going home, I ran into a teenager, a true follower of this dark style. Head down, sad face when she just cast a glance in my direction and, hopelessly, head down again to the ground, with her body leaning to the right. Why are dissatisfaction with parents, dissatisfaction with oneself, immense gloom transferred from one generation to the next? What have they taught us and what have we inherited, while even the parents don't know anything about that, and why don't parents want to work on themselves in their later years?
Parents are the problem, but how to force them to change? As soon as you ask them to correct themselves, they tell you that you have snapped or that you need a shrink. They are cocooned in their own problems and teleport all these negative emotions to their children, they are OK and how about children – does anyone notice? Long live *Geometry* and let everyone read that book...

March 11, 2008 22:03:50 | mindpositive

Old Sun, you say you are doing quite well with cynicism. Even if this notion has undergone a change of significance through history, up to a total opposite as compared with the time of ancient Greeks since when we know it, and everybody gives it a different meaning. Let's say that it has been used here as "expression of one's merciless opinion about somebody else". I think that's quite alright. And maybe only somebody who has so far regularly and uncritically licked other people's boots may find pure candor so radical as to label it as cynicism. Sunshine, possibly cynical, likes himself, and Ratka thinks that, in the absence of something better, this could be a good self-defense which she no longer finds indispensable. I agree with them and I have nothing against cynicism. It is a good tactic toward some people. You can't scare them off any other way.

March 11, 2008 22:40:52 | [Old Sun]

"And maybe only somebody who has so far regularly and uncritically licked other people's boots may find pure candor so radical as to label it as cynicism." AMEN! Thank you for this sentence, Serena! THAT'S THAT! I'm off to a warm shower "with a song in my heart!"

March 12, 2008 7:22:34 | [Bee]

How long have you been doing the merry magic, Nera? As I remember from earlier comments, you mentioned that we have a similar situation, and I agree with you. I have been reading the posts from the beginning, as well as the comments, but that takes some time, I'm now at May 2007. Does any member of your family do the merry magic with you? My husband doesn't even want to hear about it... it's simpler to let others vampire you and vegetate all day long, unfortunately that's his choice and I can't force him to accept something he does not even try to understand. Nice regards!

March 12, 2008 8:03:31 | [Nera 8]

For about a month and a half to two months now, Bee. Only I do the merry magic in the family, the husband just stands aside and watches, although he agrees with the arguments outlined in *Geometry*. I was in a terrible situation when I started: cold, fatigue, exhaustion, jitters, quarrels, even getting close to divorce – quite a few things changed, I can say I've made a step forward in my life. People rode roughshod over me because I am good, sensitive and like to help – now it's not quite like that. The mindset is changing, I no longer pity myself and no longer consider any divorce, revenge, fear (fear was the enemy No. 1). I think that Serena's attitude and thinking opened my eyes, and the merry magic helped thereafter. Hi, little Bee!

March 12, 2008 10:33:56 | mindpositive

Sunshine says: *Her problem was that she 'gave' too much to people with negative energy, and they, of course, took advantage of that.*

Excessive GIVING AT WORK, the tendency to be perfect in your job – that is indeed a major problem. And a very frequent situation affecting mainly WOMEN. If a woman creates herself such a situation at work (you all create things by yourself, don't you forget that), she then loses a terrible lot of energy, and then makes up for the loss by draining her children and her partner. Not so much others, e.g., friends, because she will also, probably, have female vampire friends and offer herself to them to "squeeze her dry", and then again make the loss good from her loved ones. And later on she will wonder why she has problems with her kids and her partner.

March 12, 2008 12:35:19 | [Humptydumpty]

There is a lot fear and sadness in love poetry because most poets were in trouble up to their ears, most of them prone to drink or madness... and we cram our children with required reading and with "what did the poet want to say'" questions... as if he/she knew even what to think let alone say...kiss-kiss

March 1, 2008 10:31:21 | [Nera]

I have a problem and I need your help (or explanation) – I love animals and all my animals follow me around all the time.

March 14, 2008 12:14:41 | mindpositive

Nera, our animals, whether farm animals or pets, are primarily loyal. If our energy is negative, they are ready to sacrifice themselves to the end and let us drain their energy completely. They follow us closely and show that they love us. And that explains the great popularity of keeping pets. The result: all pets suffer from all human illnesses. Sad. Has nobody considered how strange that is? Dogs can freak out when their energy is totally exhausted, which explains occasional cruel attacks on the owner's family by otherwise very devoted and hitherto peaceful animals.

When we are positive, animals ARE NOT SICK. This is the difference: you will know your energy relationship by the animal's health and not by its faithful following and obeying you.

March 16, 2008 13:52:48 | [Bee]

Hi. Serena, I again have a question about the link between high blood pressure and vampires. I did some research now I know the real state of affairs: my dad has high pressure and keeps it at the normal level with drugs, my half-sister has a somewhat elevated pressure (does not take meds), my mom's half-sister has high pressure, my mom and my youngest sister have low pressure, and they all live practically in the same house. Can three active vampires live "under the same roof"? My father-in-law has normal or occasionally elevated pressure (takes no pills); so it turns out that the main vampires in "my" family are men, the sisters are not "true" sisters. Nice, isn't it? Hi

March 16, 2008 16:25:25 | mindpositive

Bee, you see that you have to make accurate inquiries about diagnoses in your family because you recently blurted that no member of your family has high blood pressure. High pressure, whether constant or occasional, is a very frequent phenomenon and the cause/attendant of many severe chronic diseases. More about that in the next post. Moreover, high pressure is certainly and absolutely a sign that the person in question is a wholesale vampire.

46.

Sunday, March 16, 2008

High blood pressure - a dangerous depot

Today high blood pressure is present in millions of people and is one of the most frequent risk factors for vascular diseases and early mortality. High blood pressure affects about 35-40% of the adult population in Western countries... High blood pressure can be caused by problems with kidneys, increased body weight, hormonal imbalance and, occasionally, pregnancy, but in 90% of cases the cause is unknown. Most types of elevated blood pressure are caused by the lack of blood vessel capacity to relax normally (underscored by S.A.)

This is the medical description of the discomfort called blood pressure. I underscored the last sentence because part of it refers to the way high blood pressure develops. The other phenomena described as causes are not causes, in my opinion, but phenomena/symptoms occurring at the same time (this is the so-called synchronicity and not causality), and all together they have another cause (because medicine says that in 90% of cases the cause is unknown).

Therefore, in addition to stating that the cause of high blood pressure is not known, medicine notes that patients have compressed blood vessels.

The basic feature and the common denominator of all the physical symptoms when we are exposed to negative energy is the contraction of all types of tissues: muscles, connective tissue as well as cartilage and bones. This is our link (blood vessel contraction) with negative energy as a cause of high blood pressure also observed in medicine, although nobody knows why that happens.

Conversely, as soon as we stop negative energy we note how our body starts to relax. Relaxation becomes deeper as we activate positive energy.

Let us also remember that every active vampire started his/her vampire “career” as a passive vampire, i.e., as a victim.

Therefore, the first and the basic phsical reaction to negative energy is TISSUE CONTRACTION. Actually, by contracting we try to stop negative energy although we know nothing about it – but, of course, our efforts fail. We then spend some

years, more or less, as passive vampires/victims, during which we let many others drain our energy while making up inadequately for the loss by drawing energy from our children and our partner. We are still passable, more or less.

And then one day we become an active vampire. We only allow our parents or sister/brother to drain our energy. And then they die, and nobody drains us any more, but we cannot produce positive energy and only perfect the theft procedure. Our body and, to a great extent, our psyche are stiff, rigid, we allow no changes of any kind because we have deeply experienced that the only change is the one we feel when someone takes away our energy on a wave of negative energy. No more free flow. We start to store, hoard, accumulate. Energy. We become an energy MISER (the miser is a typical figure in many classical literary works), a person stockpiling something and giving nothing.

When we complete the energy vampire operation, the situation looks this:

We feel that our energy level is low. What is our energy like at this point? Positive or negative? Negative, probably,
or positive somewhere at zero point, at “positive zero”. (If we did not have positive energy we would die. This means that a vampire also needs positive energy. We’ll discuss the physics of such a situation on a somewhat later occasion).

Let us remember, what is essential is the frequency of positive energy. A very low frequency of positive energy just allows our physical body to function, more or less. For high mental, creative and moral qualities the frequency of positive energy needs to be high.

In order to seize someone else’s energy, because we don’t know how to make up for our loss otherwise, we need to activate our energy in the negative direction. Generally it is already negative when we feel the need to cover our loss, and at the moment of theft we just speed up negativity. How? By getting mad, gloomy, jittery... anything from the negative emotion list. Skilled vampires don’t even need negative emotions. They do it when they are at rest, almost conscious of what they are doing, just to think about somebody.

When we enhance energy negativity we issue something like an energy cloud which induces sacrifice (as illustrated vividly by Barbara Ann Brennan in *Hands of Light*).

We snatch the victim’s energy and draw it into our own energy field through an energy vortex spinning counterclockwise.

We need a great deal of this snatched energy in order to neutralize that negative cloud, probably formed as a negative single spiral (Brennan does not mention this, i.e., doesn't see it with the inner eye, but in my view the thing should physically look like that), which is the means and the way of the theft. The remainder is now left for our own needs. Not much is left, anyway, and the procedure must be repeated continuously.

Of course, we don't have a measuring cup in order to know how much to snatch from anyone and how much we need to neutralize negativity. This is why we always have a surplus of energy (in that moment) because, just as every greedy guy and miser, the vampire snatches as much as he/she can, everything if at all possible.

Therefore, when we were getting ready for vampiring we have to increase negativity, negative spin, and that by itself contracts everything, our body and our soul. Then we also have a surplus of energy not created but unnaturally dragged in, and we develop a storage mechanism. We cram energy wherever we manage, some people obviously into their vessels and heart as well (35 to 40% of the adult population) because at the moment of theft we have a high surplus. The two mechanisms described in this paragraph increase blood pressure. The process is tiresome and that is why it lasts a relatively short time. The vampire discontinues it because he/she cannot withstand it for a long time. Probably because negative energy is very unpleasant while the process goes on.

Then we function for a time on energy stored in this way, and when we feel we have reached the minimum, we repeat the procedure. While we are younger, the procedure is not so brutal and develops to a lesser extent. The older we are, the lower is the volume of our own positive energy (in the cells, I'd say) and the more we steal. Thus, persons with high blood pressure suffer from alternations of high and normal pressure, and end up with high blood pressure only.

That stolen energy can never have a high frequency, it is barely positive, a positive zero, I'd say, and mainly allows for physical survival. This is why old people most frequently lose their mental capacity and their character decays. They become selfish, their understanding of the world and themselves deteriorates, they grow increasingly bitter, etc., etc. etc. But they can survive for a long time on positive energy of very low frequency stolen in this way. So they become more and more skilled in this thieving, and then some "masters" begin to bury younger members of their family, even very much younger ones. And that is unnatural, isn't it?

On the other hand, when we activate/produce our own positive energy, we always have the optimum quantity needed for what we are doing in that specific moment. We produce more when we need more, less when we need less. We don't have to store it. Because storage of any kind of energy is a very tricky thing, as everybody professionally involved in that particular activity knows quite well. Generally it is impossible, or anyway not possible in a profitable way. The same holds good for human energy.

So, a person with high blood pressure does not steal energy constantly and, of course, not from everyone. Only from those who let him/her do it by virtue of a specific relationship. I have written a lot about that. And he/she does it, if relatively healthy, several times a day. Most often early in the morning and in the evening. And then, when he/she gets tired, during the day. When sick or seriously ill and suffering from several diseases and not only high blood pressure - and that happens with people with high blood pressure – then he/she repeats the theft approximately every hour. Then, in most cases, the robbing of one person is not enough, and several persons get snatched in a single round. What a waste of energy... These are averaged points of reference. Every specific case has its own features.

A special group of people refines the process of intensive and massive energy theft already in youth: this refers to the majority of top-notch athletes, especially those competing in games against opponents. And that has a price. However, they can withstand that somewhat more easily because they are young and because they wear themselves physically. The price is paid in the form of illnesses affecting former top athletes, present much before they reach old age, as you can read quite often in the papers. You would not expect that from people who have tuned their bodies to supreme levels of physical excellence, would you?

I have studied this process for quite a long time and, for the time being, I think my comments are 95% accurate. A detail or two still evade me in the interpretation of the process but that does not refer to essential elements.

Finally, something practical – if you are not sure you are spinning the chakras in the right direction, take your blood pressure more often. Elevated blood pressure is a certain indicator that you are not spinning the chakras correctly. If you started doing the ”merry magic” with high blood pressure, correct chakra spinning should GRADUALLY bring it down to a normal level.

Stay alive and kicking!

March 18, 2008 151:23 | [Equilibrium]
For the past dozen years I have officially been in the mature phase of my life. During this phase the oscillations of events have declined, and that gave me relative peace in my life. I ran my own film, not touching others and thinking they will not touch me either. However, this peace creepingly turned into indifference, into a kind of insufficiently alive state of the mind. Nothing drove me to despair, but nothing delighted me very much either. And I didn't like that at all! And then I ran into Serena and her texts, and with the merry magic I took off! But soon I also became more sensitive to negative energy as well; I feel it immediately as a discomfort. I was not aware of that before. My colleagues used to say that they felt the negative energy of some people, and I thought that they were intuitive and that my intuition was stunted. And then I started to ask myself whether my nerves had become feeble and whether that was the only way to live one's life to the full. Not that it was easy, though!
March 19,2009 21:41:15 | mindpositive
We need sensitivity to negative energy, Equilibrium, and it appears spontaneously when we activate out positive energy. This is an unpleasant phenomenon, but a highly useful one because it warns us that we must defend ourselves (stop negative energy) and that we need to activate our positive energy again.
Negative energy is harmful whether we feel it or not. Whether we recognize it or not.
You are right in concluding that the observation of negative energy (which is always unpleasant because it is literally physical and mental pain, mainly weak, just as a warning sign) is associated with slight nervous agitation. As we physically begin to feel and recognize negative energy and gradually relax cramped muscles, our nerves also start to work better; at the same time, they are the most sensitive to negative energy, which is why we also perceive negative energy as nervousness. Convulsed by the urge to control everything and enveloped by fear created by negative energy, we create an armor. This armor now starts to give in, our positive energy is not stable yet, and all that is a kind of a phase in Middle Earth. That is why we precariously sway on still existing fears and ask ourselves: where does this positive energy lead us? Wasn't it safer when every muscle, every tendon, every cell was as hard as wood? That was something solid and stable. And I did not feel anything, I was anesthetized so nicely. There, I've retold your comment and brought you back to the question – where does that positive energy lead you? It is your fear that asks this question. See what you will tell it, I wrote everything worth saying about that.
March 19, 2008 22:55:03 | [Sunshine]
The oscillations described by Equilibrium have also become my reality. I noticed that as soon as I get positive a little vampire turns up, so casually, and starts a conversation after which I feel an octave lousier. They really can smell it, can't they? Before I thought that I was the problem, but now I understand where it comes from and try to defend myself. Otherwise I'm still in a field of fairly strong negative energy, but positive moments are more and more frequent. An amusing example: when I drive and hear good music on the radio, I turn it up and sing. Ciao
March 25, 2008 11:06:54 | [Nera 8]
Maybe it would be better to cast a sheet of a brighter color which would compensate negativity – my thought.
It would be good if Serena could tell us a few more details on the "black sheet method"... There's nothing about that in *Geometry* [Note: There was no "black sheet" in the past editions of *Geometry-1*, but I included it in the next new edition]. Serena, did you arrive at that method, which you mentioned recently, after you wrote the book? I haven't tried it yet, but I plan to do it

soon on thieves :-)
Bye

March 25, 2008 12:08:35 | mindpositive

Black is the only color which stops negative energy. That is the result of my very extensive research and experimenting with ways of stopping negative energy. (Why, do you think, young people like black so much?)
I first studied every idea on myself.
Instead of the sword and the rest in “step 1”, just splash the black sheet over yourself in a single movement and see how you feel. Hold your attention on that picture for a few seconds. In particular, watch what is happening with your BREATHING. As a very short operation the black sheet represents progress in comparison with the “sword and the rest” because you can intervene very quickly. And, again, that is possible only after you have practiced the “sword” and thus acquired experience in stopping negative energy on yourself. You don’t harm anybody with this. I have checked that a thousand times, observing visible indicators on other people and asking them how they feel. I claim this with full responsibility.
Let me know your observations. I shall go on with my explanations as soon as others also let me know their experience regarding this observation.
There are no brighter colors for this situation. After stopping negative energy the possibility arises of “brighter colors” appearing spontaneously. There are no “brighter colors” without the stopping of negative energy.
YOUR INTENTION is of essential importance in this “operation”. Your intention is NOT to “throw” negative energy over somebody (because you connect that with the black color).
Your INTENTION is to STOP negative energy. Your intention is to defend yourself. Nothing else. You are entitled to that. Especially because that is also a collateral benefit for the negative guy you have stopped. But you’re not interested in him and his benefit. You are only interested in your positive energy. That is not a selfish attitude. That is a very altruistic attitude because you can trigger off only your own positive energy. Just as only you can drink a glass of water when you are thirsty. The only thing you are not entitled is harming anyone. And that does not happen in this case.
You can also check the last statement on your own.

March 25, 2008 14:12:00 | [Humptydumpty]

Can you explain black a little more, Serena? I don’t like black, I don’t have a single piece of clothing of that color. A long time ago I read that people wearing black carry a lot of negative quality in them, so I looked around a little to see who was wearing black... Mainly it tallied... but now when you said that only black stops negative energy I got a little muddled-up... ciao

March 26, 2008 14:57:11 | [Humptydumpty]

THIS IS CRAZY, HONEY!!! – the black sheet works so well that I can’t believe it... while I was still reading the comments I was all mixed up and just incidentally threw the black sheet over myself and – really – that’s crazy, it worked in a second, I felt much better the very same moment, as if I had been given a drip... Thank you, Serena, for sharing this with us!
.... as for breathing, it gets deeper and I breathe regularly, deeply and peacefully...

March 27, 2008 13:50:36 | [Spark]

Serena, what happens to a man who is truly and beyond any doubt a bad guy, and he happens to find himself close to you? I would like to know your influence on him.
Hi everybody

47.

Thursday, April 3, 2008

WHY IS THE BLACK SHEET BLACK

White is the color of my true love's hair

(*from a traditional folk song*)

The words of the folk song show that white was appreciated. Maybe as the color of the wedding dress? Or for some other reason. And black, as a contrast? The little black dress, so nice. In the Western world black is usually the color of mourning.... We can go on and list different, opposite interpretations of black endlessly. Your comments had quite a few "fashion" remarks, e.g., why black, black is a negative color, I don't like black, I find it hard to work with it. Now, the black color is here the main factor of success. As if I based my choice on whether I like something or not, and making up techniques as they come into my mind. You really find it hard to understand that we are dealing with the discovery of a natural law and with the quest for a way securing man's respect to everyone's benefit. It's not a matter of whether I like black or not.

I have already said that you should not imagine positive energy (chakras, the aura) in colors as probably all books on chakras told you to. The people to blame are the authors who copy things from one another and from Indian tradition. That tradition is old, I don't know how much... five or ten thousand years, and the energy situation has changed a lot ever since. All colors but black have a positive sign but have a relatively low frequency. The frequency of our positive energy is infinitely higher than the color spectrum. If we imagine it in any color, we <u>limit</u> our frequency. That's why we will not do it.

When we visualize chakras, they are transparent or something close to it. In order to cross to the sunny side of the street we need a tremendously high frequency. Above all colors and all past knowledge about high frequencies in physics.

But let's go back to black. A color which has totally confused some people just because it is "black".

The following is important: I have properly and EMPIRICALLY checked the black color idea, just as I check everything I am doing, in who knows how many

thousands of ways and situations – in my complex way at the energy level, at the level of the subjective feeling, my own and that of other people with whom I discussed the matter, and by following the achieved effect on a long-term and overall basis. I am not going to talk about the physical properties of the black color because we would get into a mess, especially after Hawking's claim the black holes do emit some energy, and even more because you are not good at physics – your have not even mastered the definition of resonance although it is really simple.

I started from the awareness (taken over in another context from Dion Fortune) that we need to STOP negative energy.

And then I created "step 1" in the "merry magic". Which works. It works less efficiently if your loved ones are sick, severely ill, envious, lying, jealous, wickedly senile... but it does work with enough persistence.

Then the idea occurred to me (out of need) that a more efficient and faster way had to be found of STOPPING NEGATIVE ENERGY, but I had to take into account the fact that negative energy also has to be stopped in other people, those with whom we are connected. My intention led to several ideas about new ways of stopping negative energy, and after long checks, I decided in favor of the "black sheet". Nevertheless, for total beginners I left the "sword and threads" because the most important thing is starting to stop negative energy in ourselves. The "black sheet" is a shorter procedure, and its turn comes somewhat later, after you have acquired the basic skill and after you have learned, by means of the "sword and thread", to stop YOUR OWN negative energy, because that is the most difficult thing.

My intention did not include any harm at all to others. The intentions of energy positive persons result in useful procedures for everybody involved.

Similarly, stopping negative energy also helps energy negative persons. They also feel better. But that does not interest you. Not because we would not want to help every person on this world to become energy positive. But because we don't have, yet, the strength for it. That is why our goals are simple and clear. And we have no doubt about them. Only that way we can realize our intentions. Because of that, follow my clearly expressed intention with the "black sheet" and that is – I am stopping negative energy. My own and that of others. That is why I first throw the "black sheet" over myself and then over others.

And then somebody got worried that the person under the "black sheet" might suffocate. If you immediately start breathing deeply under the "black sheet", and

feel relaxation, why do you think another person should not fare that way as well? If you have any doubts, ask him as soon as you cast the “black sheet” over him, right in front of you, of course, without mentioning the “black sheet”, he wouldn’t understand it anyway. Don’t complicate your life more than you have to. The morality of life is not so unfathomable as people seem to believe. Just ask, loud and clear, the right person and state your problem.

And don’t complicate your own life with the following question: and why doesn’t my old mother or mother-in-law activate her positive energy as I do? From my previous texts you may have gathered that this is almost impossible for most old people because their body and psyche are almost completely overcome by negative energy. And if you busy yourself with them, they will negativize you completely as well. Although the day will come when they’ll become positive, too, if almost everybody around them becomes positive. That’s a question of critical mass.

As long as you positive guys are in the minority, be happy with having stopped negative energy.

And now let’s be practical. I told you to apply the “black sheet” first of all on yourself, and then on others. When you see, after a minute or two, that you have failed, repeat the procedure. Now focus your attention on that frozen image five to ten seconds. And then repeat the whole several times (this frequent repetition is required only by beginners, later it’s enough every hour, and then every few hours on person A). Until you feel relaxation, which you notice first through deeper and easier breathing, muscular relaxation and, then, as mental clarity as well. After half an hour or an hour, if you are physically in the same space with the same people, you will need to repeat the “black sheet”.

If you have sick, and especially very sick people in the family, if you live together with old people, you will need to repeat the “black sheet” continuously every hour or two. And then activate the chakras. Therefore, the “black sheet” now replaces “step 1” (the “sword” and all the rest), which does not mean that you will not use the “sword” when you feel the inspiration for it.

Poor me, that’s a lot of work!

Sure...

You must discover a way to find an ally, at least one, in each family of your brothers, sisters and cousins. That will make things easier, and enhance the effect.

Poor me, that's an even tougher task!

And what would you like? You have read those books which say "visualize" a million dollar check, and there's the check in a couple of days. And don't lose any sleep over whether that is possible. Because it is possible, "God can do everything". Is God such an idiot to send fools a million dollars because they are confused and miserable?

Our world and we in it are energy. We need to know that energy. We need to create, not to destroy it. This is what we are doing here.

Along the route we have problems because the number of us, energy positive guys is low, and because we are used to negative energy, and that's the strongest habit of them all. But, if you are careful you will see that you are not continuously faced with problems you used to face. New problems are at some other level, and then you deal with them too.

With this post I have answered some of your questions related to the "black sheet", and I'll answer the others below.

Stay alive and kicking!

April 4, 2008 15:38:59 | mindpositive

Some people have problems with the black sheet although I explained the procedure in the previous two posts. There's nothing terrible about that. Remember the problems you had, at the very beginning, with seeing the chakras with your inner eye. After exercising, you saw them. And you only saw them after you animated them and triggered them. Similarly, stopping other people's negative energy will not proceed smoothly in the beginning, and the inner eye cannot visualize, provide the picture of the procedure. When you succeed in stopping another person's negative energy, you will also see the picture.

Let me know, in a day or so, whether you experienced all that.

In particular note the persons you don't see under the black sheet – because they could be the worst vampires, those you fear the most. At the level of manifestation things needn't look that way, but energy states and energy transactions disclose exactly what a relationship is involved, at the essential level.

Equilibrium, your distinguishing the black sheet you place over yourself (light, silk) and the one you place over others (heavy thick cloth) shows that you don't accept the technique, that you are afraid of it.

Let's be fair and apply the same to us and to others. That is, we also have moments when we draw the energy of somebody else (at the very moment when others draw our own energy), and that is why we also need to stop ourselves.

Some people expressed the fear that a person under the “black sheet” will not be able to breathe. The black sheet happens at the quantum level. It only has to do with the spin of subatomic particles. It will not suffocate anybody. As a matter of fact, it will make breathing easier to everybody because it stops negative energy.

48.

Friday, April 4, 2008

DON’T START CHAKRAS BY FORCE
AND DON’T CONFUSE THE “MERRY MAGIC”
WITH OTHER MENTAL TECHNIQUES

I reinvented the wheel

Quite a good title. The Dutch call it “reinventing hot water”. To that we should add, in a hot water bottle. Hot water in a bottle – some discovery! Actually, it’s a popular metaphor for a banality or even stupidity. But in this case the thing is literal, it’s not a metaphor and it is quite useful. Here is how.

So, some people have discovered that it is very useful to spin a double chakra at painful and compressed sites in the body, especially if the sickness has also been proven medically. Pain will stop, the inflammation passes quickly...

Discovered after the second or third reading of the book.

This is really important because it relaxes, tremendously, not only the painful site but also the entire body (and always the mind as well), heals the pain, if any, and the illness, if any. Apply these auxiliary chakras as often and as long as possible. At least half an hour every day, and longer if you have time.

(Digression: of course, and I am going to say it again, <u>first stop the negative energy</u> with the “black sheet/press” on everybody who is vampiring you in that moment. If you don’t do that, you won’t be able to spin either the main or the auxiliary chakras. You won’t be able to visualize the chakras and their form, and even less their movement. I have already said that the visualization is the information on the momentary state of energy and also is an energy-related action which, of course, depends on information. If you can’t visualize the chakras spinning in the right direction (without pressing or ‘raping’ the chakras, please!), you haven’t stopped the negative energy ON EVERYBODY vampiring you IN THAT MOMENT. Respect this information and find whom you still have to press in that moment, and don’t

insist on activating the chakras by force – no use anyway, and you could start them the wrong way.

All your permanent vampires (1) do not vampire you at the same time. Maybe you need to begin pressing some (2) new person in your environment. How will be you find them? For (1) by trial and error ("black sheet"/"press"), and if there is a spontaneous breath of relief, that's the one; if not, keep searching. For (2) by observation – look at new people in your social environment, try to remember who "casually" disclosed his severe illness to you, who called you, which person from your past did you meet, who did you dream about... For (1) and (2) – find the one who is vampiring you MOMENTARILY by using a pendulum. You will find the article about the pendulum at the end of the book.

And now we come to the – hot water bottle (let's forget the wheel). After you have stopped all those that vampire you pain stops, but heat is excellent for faster relaxation, and the hot water bottle is the best thing for that. It really helps a lot. So, when you go to bed, refill your hot water bottle, put it on the painful site and go to sleep.

Over all these years I have discovered quite a few miraculous things, and it took me so many years for the hot water bottle. Never mind, better late than never.

And now answer the questions along the post of March 16. *High blood pressure – dangerous depot*!

Nera was not too successful either with "step 1", and the "black sheet" also aroused negative associations in her. Thus, she imagined a circle of aura around herself, repelling negativity.

Something of the kind has also been described by others – a cylinder of light around oneself etc. I will not, on this occasion, speak about how your unwillingness – regarding "step 1" either with the "sword" or with the "black sheet" – probably testifies to your unconscious vampire attitude – "not to stop negativity in any case!" It does not take particular wisdom to understand the consequences of this unconscious attitude for your (un)successful activation of positive energy.

Thus these "additions/modifications" of my technique are not good at all. To put it mildly – a disaster. Let us analyze the key aspects.

From where did you get light in the aura or cylinder around you? Light is energy.

You don’t have a clue, do you? You still think that visualization is a quite optional action, just as drawing a cow on a flowery meadow. You are confusing visualization with mere imagination. You are confusing the mental technique of visualization with free fabrications of the “three palms on an island of happiness” type. Well, don’t! These are totally different things.

Let us remember the chapter “A seer sees, and a good one understand as well” from the first book where I follow up on Lazarev, and here is just a brief quotation in which Lazarev says:

A young girl is asking me whether she is properly filling herself with energy by imagining a torrent of blue flame entering her. I watch the karmic structures during her exercise and I see that this is a violation of the law. Any deliberate taking of energy – from nature, from the universe, from the Sun – is a firm standpoint that man has no energy and needs to take it from somewhere. That’s the precondition for the development of vampirisim.

Do you understand what Lazarev is talking about? By imagining all these protective auras, cylinders and what have you, you at the same time fill them with energy, like the girl from the quoted example. So, I’m asking you again – where do you get this energy from? You did not even stop negative energy let alone activated the chakras in order to produce energy. You applied some techniques of other authors in order to protect yourself. You did not apply my technique which was developed out of the basic awareness. And the basic awareness is that we are absolutely capable of producing our own energy. The techniques for stopping negative energy, our own and that of the person stealing energy from us, are indispensable for some time – all right, for a longer time – but are really secondary, albeit a conditio sine qua non. My techniques for stopping negative energy differ from others because they do not presuppose any forms “you fill with energy fallen from out of the blue” (luminous cylinder, luminous “aura”). All the three variants of “step 1” are simply and literally the STOPPING OF NEGATIVE ENERGY. And “step 2”, which follows after the successful “step 1”, is the creation of energy, no filling “from I don’t know where and I don’t care”.

The basic point is that we PRODUCE OUR ENERGY ON OUR OWN, WITH OUR MIND.

You have never read that in any other book, and this is why it is a discovery.

So, don't use techniques and pictures you saw in other books because they all involve a mechanism of energy theft. Whoever invented, transmitted or copied that technique from others knew nothing about the way positive chakras produce positive energy. He only found a more efficient way to steal energy, it is his technique of "protection" which looks like an improvement to a superficial observer, i.e., to the person that does not know what to observe. Even without any technique the theft of energy is perversely efficient as you can see in your grandmas, mothers-in-law and their male counterparts (and, a little less, in yourselves), and they have never read anything about the visualization of the aura or the filling of chakras with colors or light. Had they known that, you would have been dead.

When you want to protect yourself from negative energy as well as stop your own negative energy, apply my technique literally. Because it incorporates my design and my knowledge which you accept – because you have made that decision and because you understood it that way, and because after application you see that your experience clearly and beyond any doubt confirms that the knowledge is genuine and accurate.

And now I will analyze your modifications.

In a given moment you feel that you are being seized by negative energy because you learned to distinguish conditions when you are under the influence of positive or negative energy.

I am telling you: stop the negative energy, your own and that of the person vampiring you.

What happens if you don't stop your negative energy? Do you know what you were doing so far, all your life, in such a situation? You kept stealing someone's energy. Maybe to a lesser extent, maybe not so mercilessly, but that is almost unessential.

Instead of stopping negative energy by using the technique I explained ("sword and threads", i.e., "black sheet/press") you suddenly see around yourself – with your inner eye – light, a luminous aura, a luminous cylinder... which seems to repel the negative energy of your vampire, as you think.

Like hell! This is a nice intent without any knowledge about the reason why it should be like that and what is being achieved by it. Nice intentions are crap. Moreover, you have read that in some other books, not in mine.

What did you achieve with that “innovation”? You just “switched on the lamp” so that your vampire can see you better, and obligingly told him “please help yourself”, just as you had been doing for years because you are afraid of him. You are afraid of him at every level you can imagine, from the quantum level on. And how did you fill that little cylinder of yours with energy (light)? You stole energy from your victims (children partner, sister, friend, pet). And offered it to your vampire. So much for protection!

In your unconscious you know this mechanism quite well and find it hard to abandon it.

You are afraid of using the way to stop negative energy which I am suggesting because it is uncompromising. And deep down in your little brain you are afraid of leaving the vampire concept because you also use it. Still.

We find it easier to grasp that we are being energy oppressed and drained by our grandmas, moms, mothers-in-law, bosses, dads. We are far less ready to accept the awareness that we are also oppressing others. That has remained in parentheses, in the background or even in a more remote spot – and this regards many of you, this can easily be detected between line in the comments.

And then we have no nerve to stop negative spin completely, and invent, i.e., recall some others techniques, and think “so what, this is OK, it just occurred to me”. Let a moment of truth occur to you instead of that tommyrot.

We produce, create energy only when we visualize chakras spinning clockwise. And then we cooperate with the energy of the Universe, with God. Because universal energy is also structured as this chakra of ours.

And when you have cleared all that up with yourself, initially you will not always be successful in stopping negative energy. But the more you practice the better you will be. (Note: the great majority of people have no problem in using the “black sheet” and the “press”, and they are very successful at it).

Stay alive and kicking!

Saturday, April 5, 2008
WHAT GOES AROUND COMES AROUND
Serene dawn

Serena, what happens to a man who is truly and beyond any doubt a bad guy, and he happens to find himself close to you? I would like to know your influence on him, asked Spark.

Who is very bad? Difficult to say. Especially if this regards people we don't know well. But, say, my aunt Marina from the epilogue of my book is an energy-wise very negative person, and the older she gets the more negative she is. Many people think she is a wonderful person because she is very intelligent and she very cunningly tells people what they want to hear. This disarms everyone and everyone likes that.

Or that old lady, Nina, from the first book. An energy-wise very negative person, and yet so dear, so very dear to everyone. So sweet, and her life is so hard that everyone helps her. And pay the energy bill without having the faintest idea that it exists.

Now let's reduce these "bad" news to an energy-wise very negative person. And let me continue with the same examples: during those brief encounters I can't avoid aunt Marina steals no energy from me. She does not even try, and I don't even need either the "sword" or the "black sheet". Yet, she very often knocks me down energetically. Why? Because I have remained in close contact with her sister, my second aunt, her two sons and their families. Marina drains her sister very viciously, and the latter drains her sons, daughters-in-law and grandchildren... and then, when they are exhausted, they try to vampire me. And then the "black sheet"... They try to drain me although "we love one another so very much", because we maintain close and frequent ties, they know I love them, and rely on me. In energy terms. Not at other levels. That is inevitable. Therefore, not out of malice or any other negative emotion, because they don't harbor such feelings toward me. And in accordance with physics that is possible because I still have common negative frequencies with them. Family frequencies.

I have deliberately remained in close contact with the second aunt because I wanted to help her grandchildren and her sons to avoid even greater harm than they already suffered from aunt Marina.

An immensely difficult task, even for me, and the tough fight still goes on, but I am getting increasingly closer to victory. I know how tough it is and that is why I am

telling you not to engage in such efforts because I don't know if you are so persistent or even if you have time for such an assignment. I am telling you not to take over the task of helping others. Unless it's your immediate family. However, others will also have their turn but when you will be much stronger in energy terms. And none of you is as strong as that, yet.

(I am adding another explanation after Sunshine misunderstood my decision to help the family of the younger aunt to defend themselves from Marina. It was understood that I GAVE energy, to the members of the younger aunt's family. And the book clearly explains that the concept and practice of GIVING energy are as VAMPIRIC as the theft of energy. The same thing, although we have two seemingly opposite notions: voluntary giving and theft. At the material level these are two diametrically opposite notions, and at the energy level they are identical. Nonvampiric applies exclusively to the concept that we shall create our positive energy on our own, and that is done by "merry magic". Therefore, nobody has the NEED to GIVE or to STEAL energy.

So, how did I help the family of my younger aunt, Milka? By explaining the concept of positive and negative energy, and the "merry magic", to the wife of a cousin. She accepted that, read the book and diligently, truly diligently practices the "merry magic". So, I found an ALLY. I found a COWORKER, I had no idea about any poor people I am helping, and even less giving them energy. I found a person who understood the energy story and decided to realize it, decided firmly, and she REALIZES and DOES it daily, as demonstrated by the express progress of her entire immediate family, especially as regards health).

My neighbor Nina (from the first book) used to drain my energy a lot, but ever since we broke off she never steals energy from me any more if we happen to meet, which happens very rarely. During some long intervals she drained the energy of my children because she was still their neighbor (I moved away). After a long and persistent struggle, that stopped too. On several occasions it lasted a few months, two or three years after we broke off. Why? Because she couldn't not forgive us for severing our links although I did it elegantly and diplomatically. She was mad at us. Moreover, it was clear that we had a very strong negative frequency which was identical with hers, and until we erased it she could drain us by resonance. No more. Totally. An we also had some luck because she had moved away in the meantime.

When I randomly meet unknown people for a short time or meet people, for business reasons, I don't have to meet often, many are exhausted, tired, suffer

chronic diseases (although many are successful businessmen, and even wealthy people – that's the business environment in which I live), in energy terms nothing happens during these brief encounters or business meetings. They don't even make attempts. When the meeting lasts a long time and does not progress because of misunderstanding and contrasted interests, I cast the "black sheet" a few times and communication improves right away and agreement is reached. The best thing is to do that before the meeting starts, before everyone bristles, and then repeat the thing every fifteen minutes or so.

The businessmen with whom I have cooperated for a longer time and whom I meet very often and appreciate a lot, have a lot of negative energy – as does everybody. In order to keep them at a distance I sometimes need as many as several months after the start of our cooperation. Before the meeting, during the meeting, while we phone – that's why the "black sheet" ("press) comes into play regularly. Later on they give up and respect my limits. The chakras of some of them spin while they are with me, in others this does not happen. Our business relations are excellent, we cooperate very well, they like working with me and the feeling is mutual – anyway, there are no better people, in energy terms I mean.

In conclusion, my energy is so purified that strangers have nothing to fasten on to. We don't have identical negative frequencies. And there are only few negative guys in the family left. (Note four years later: the "few" was a poor appraisal... there were still many, and they were very obstinate).

My children have had similar, but better experiences. Better because they are young and have not accumulated too many negative frequencies. They have no problem at work and nobody tries to fasten on to them. To be more exact, they still need the "black sheet" ("press") and they need it daily, but in comparison with me they suffer much less from vampires in their environment. Along with occasional pressing (I must admit that they have got quite a few "get your energy in order" SMS's , although over time their number has decreased) they can dedicate themselves to their business activities with greater concentration, they are doing extremely well and, although young, they are both highly appreciated and advance fast and continuously.

So, a very brief answer to Spark's question: in energy terms nothing, really nothing happens when I meet a very bad person. That person does not notice me, i.e., feels that he/she has nothing to do with me and bypasses me. There are much more interesting clients than me. I'm not interested either in that person. I have no reason why I should influence him/her, nor is that possible. When you have a very clear

attitude and, along with that, a very strong positive energy, people feel and respect that. Regardless of how negative they are. Nobody is absolutely negative. Yet, it takes time and a lot of regular energy work
Before you get to this phase.

Finally, let me answer Sunshine: why Serena Alba.

Serena is the feminine form of the Italian adjective which translates as “clear, fair, unbiased, good-humored, calm, serene”. In Italy and some other countries it is often used as a name.

Alba, again in Italian, means “dawn”. It is rarely used as a family name in Italy.

Therefore, the literal translation would read “serene dawn”.

I think that the coincidence in significance is complete, that it is a metaphor for the title of the book. And don’t say I’m being immodest; modesty is very often nastily interpreted in terms of “one should not be aware of one’s value”. One needs to be aware of oneself and of one’s achievement and this need not contradict modesty in its proper sense (one could write a long text on the subject, but I’ll leave that for some other time). Finally, that name is also a message, and it also sounds nice to me, like that, in Italian.

Stay alive and kicking!

April 6, 2008 15:18:25 | [Old Sun]
Excellent post, Serena! I was pleased to hear that your children are so positive. There is something I would like to know very much - has Vedran started to pass his exams again, and has he graduated? I am not asking this in order to stick my nose in other people’s affairs but because a person close to me has a similar situation in life, that is why I would like to hear something about progress of that kind. Many nice regards, Old Sun
April 6, 2008 23:54:41 |[Sunshine]
Thank you for the answers, Serena. I’ll let you know the results. Otherwise, I have the feeling that I am going into battle every day. You never know when the attack will come. But that is why the moments when they leave you alone (as you leave them alone as well) are great.
If I have understood you well, people mainly fasten on our negative frequencies. Why is that so? Are these frequencies sweeter for vampiring or is only resonance involved? Bye
April 7, 2009 9:04:34 | mindpositive
In physical terms what is involved is resonance, Sunshine, and that is the basis of vampiring. The same negative frequency in two person is a lock-and-key situation, it makes possible inroads into another’s energy system, and then the person who is more negative. i.e., has less energy, draws

energy from the one who has more. In nature leveling also occurs with communicating vessels and with different voltages in line with the same principle – water, energy, electricity flows from where there is more to where there is less. However, the consequences with respect to the media in which that happens (water, electricity, quantum field) are very different.

April 7,2008 9:10:39 | mindpositive

Old Sun I know that your question makes sense and that you mean well, and here's the answer, in somewhat greater length than in the article: Vedran recently started to pass exams with excellent grades, he needs approximately half the time of what he needed before to prepare for an exam. I'll send you a detailed report when he graduates. (Note four years later: Vedran graduated very quickly, got a job right away and advanced in his career at lightning speed. However, that happened too fast, meaning that it was too strenuous so that he relatively often fell into a negative spin pattern. That's why Ivona and I had a lot to do, during his last exams, in stopping him with the "black sheet" (later on the "press"), i.e., to text him messages that he was negative, and then he stopped himself – and those that had fastened on to him. We could not persuade him to desist from that forced pace. But, what can you do, things do not always proceed smoothly, and we had to press him often (all on a daily basis) until he switched to an effortless working rhythm. I took part in that not because I wanted to but because his negative energy also affected me, so I had to. Ivona fell into a negative energy pattern much less often, and when she did, it was mainly because her father would give up energy work very soon after reading the book. *Geometry* obviously did not impress him deeply. Like her father, her dearest friend was not interested in energy work either, but Ivona did not want part ways with her. That was a high energy bill, in most cases I paid it, again because I felt every Ivona's fall into negative energy and not because of any wish to meddle in her life. Of course, Ivona also "paid" that friendship (as well as dad's negativity and failure to activate positive energy) with frequent falls into negative energy, on a daily basis, and, of course, she also pressed that friend and her father who knows how many times daily. She was aware of that, that was her choice which I could not and did not want to influence. <u>After some years</u> all this passed, her positive frequency increased so much that she only had to press these persons occasionally, that is, some days after they met or talked, and there was then a lull until the next contact. Some day, I believe, this occasional fall into the negative sphere because of these persons will stop. More exactly about that in a following book. Thus, I also partly "paid" for having delayed positive energy education as a parent. I think that this is also OK and, moreover, you can't do it differently. "<u>What goes around, comes around</u>", they say, and that also holds good for the energy level. The problem arises when everything continuously COMES, COMES and COMES AROUND and nothing moves <u>forward</u>", which is what happens when we don't get positive energy going.

April 7, 2008 10:12:45 | [Unregistered user]

Sunshine, your comment also describes my experiences: every day a new battle. Oh my God, isn't that hard and depressive! But when it's nice – it's beautiful squared! And the only comfort: if every spin to the right brings us closer to a stable positive situation from which nobody will be able to evict us. Hi!

April 7, 2008 13:54:49 | mindpositive

That's right! I have never regretted all these pains spent on overcoming negativity, not only because everything in life is taking a turn for the better, in my life and the life of my children, and some other people. What delights me the most, perhaps, is the awareness that I keep UNDERSTANDING more and more. Just everything. There is no harmony without

understanding. And that is what we want – harmony, balance, isn't it? Who "could pay that" as the Dalmatians say, thinking of Dalmatia and her beauties that no money can buy. That is priceless and incalculable.

That's what I think about UNDERSTANDING as the absolute value.

April 7, 2088 13:54:50 | [Hope]

Thanks for the preceding post, Serena. In my case the black sheet works much faster than the sword. And spinning ancillary chakras works on painful sites (ear in my case). I also believe that the understanding of relationships and problems is very important. Thus, my major problem (my mom) became a smaller issue. Recently my communication with her has improved somewhat. And it was terrible, especially when I started practicing the merry magic. And she fell out with some old friends, dislikes being along at home, goes out all the time, still has high blood pressure, but mainly leaves me alone. And I don't eat my heart out because of her as I used to. My younger son spontaneously and consciously accepts the merry magic, while the older one is more relaxed and keeps hugging me all the time. There, all that in only six months.

April 7, 2008 14:26:05 | [Humptydumpty]

I find it much easier to visualize the black sheet on others than on myself... I am slowly beginning to see that most of my problems are related to me... Hi

April 7, 2008 14:48:55 | mindpositive

This is meant for Humptydumpty and all the others who find it harder to visualize the black sheet on themselves.

A little aid: don't do it on you real body in real space. Visualize your figure somewhere in space. The figure doesn't have to be seen in particular detail, but you must always know that it is you – by a typical detail of your image or even a clothing item. And then cast the "black sheet" over your visualized figure and freeze the frame for a few seconds.

On that figure you can also spin your chakras.

April 7, 2008 20:06:49 | [Humptydumpty]

Quite a few people around me do Reiki and other various techniques, and when I read that, I understood that they are whopping thieves because every day they send love, light, healing... I also used to pray to God for somebody's cure, or for the solution of somebody's problem... now I somehow don't feel the need either to pray for someone (and then I think I am callous), but if God is love and if He is perfect, and he is – why my prayers? I don't believe in chance, and then it turns out that everything is perfect, whatever may have happened... somebody's death... somebody's cure..,. may you should have added another subtitle for your book: forget everything you have heard and read so far... things are not like that... they really are not! Everything's a thumping lie and we all walk around with masks on our faces!

April 8, 2008 7:25:24 | [Spark]

Serena, after a couple of days spent spinning double chakras there is just chaos around me... so much for the time being, I am going back under the black sheet

I can't resist it, have you ever thought of this: blessed are those who do not know (Serena, I am not trying to escape work, but this hurts to insanity – "it breaks me apart mentally")

April 8, 2008 8:37:42 | mindpositive

Spark, go back to one row of chakras. Obviously a lot of unconscious material, i.e.,, cocooned negative energy, is being activated, and creates chaos. Then the "black sheet" as often as possible, as you have seen – it calms down the situation quite well.

But now don't, out of FEAR, throw out the sacral chakra structure completely. Apply it here and there when you feel well. So, introduce the sacral chakras gradually.
Describe, in detail, the chaos that troubles you. A friend of mine had a similar problem. Don't rush things, that's essential, but so is avoid stopping or regressing. My friend regressed because she was not ready to progress. As a matter of matter, she regressed a lot. So let's monitor this introduction of the sacral crakras as carefully as possible. Report your experience as much as you can so that you'll find it easier to cross the threshold with others.

April 8, 2008 212:56:19 | [Sunshine]

Hang on, Spark. I also suffered crises, but for the time being I have successfully kept them under control with the help of the sword, the black sheet and spin. I still stick to single chakra pairs and I don't intend to press the issue until I find out that I can simply spin the others as well naturally. I was just thinking the other day that practicing the merry magic gave me the nicest possible gift – the gift of love. THANKS! Ciao

April 9, 2008 8:25:41 | [Spark]

Just a brief answer to Serena: don't worry, everything is at it should be, the chaos is there just seemingly, dust in the air after an earthquake, when it settles I will write a more sensible post. This was inevitable.

April 10, 2008 13:09:36 | [Jasna]

Dear Serena, I am another follower. I read the book, I spin the chakras... all kinds of things happen, nice things, crises... but as a whole now I have much less time for hectic thoughts of a crazy mind mainly attaching themselves to problems. I believe so much in your discovery, I experienced it as my own truth... and I walk around like a Jehovah witness talking about my insight. I distributed heaps of books to my immediate circle and now they are returning as feedbacks on the way things change. There are days when the chakras stand still as concrete blocks weighing who knows how many tons, and I need quite a lot of energy to get them moving, but probably there's a reason for everything. Dear Serena, thank you for existing... and writing

April 10, 2008 18:08:10 | [Old Sun]

Dear Serena, here's a fresh experience: I have a new colleague at work, she is young, generally a loudmouth, she talks a lot all day long and, of course, sucks my energy like mad. Her attacks drive me crazy – every 15 minutes I defend myself with sheets and the sword, but I only feel relief for five minutes, and then it's the old story all over again. I get dizzy and weak. Just grand! What I "loved" happened today when she told me how she delights in my positivity and how I motivate her! Sure, she delights because she munches away on my positive energy and leaves me empty. I defend myself fiercely but she still attacks. Do you have any extra-ultra-additional advice? Thanks a lot?

April 10, 2008 20:30:06 | mindpositive

Old Sun, just carry on persistently with the "black sheet", cast it over yourself and your colleague and, until her pressure subsides, don't spin chakras at work.
Keep her at a distance with your behavior and verbally. Be cold in your communication. You need to send out the DISTANCE message at all levels. Don't be cordial and obliging just out of politeness. That's an old opportunist habit. Be politely distant, i.e., inaccessible (term from the *Celestine Prophecy*).
In particular, don't lavish compliments. Although she was sincere about your positivity (as you see, in our negative world of illusions even a sincere compliment, usually interpreted as a nice

well-meaning gesture, can be in the service of dangerous vampiring). Pay no compliments. Unless you can think of something icily witty, just tell her "you only have that impression, I'm just being correct in a businesslike way". Many active vampires fish by using kindness and cordiality as bait. And behind the back they dish dirt and scheme. The girl will soon give up, you will acquire precious experience, and the next time everything will be easier. Therefore, the ultra advice is – be persistent with the "black sheet" and icy in communication. She will understand that she can't manipulate you. And let us know when that happens. Or, describe in greater detail what is taking place if you still can't manage.

50.

Friday, April 11, 2008

NEGATIVE ENERGY AND NERVES – FURY BREAKS OUT

The voodoo effect

Lynne McTaggart recently published a new book, *The Intention Experiment*. As you know, in *Geometry…* I lauded and quoted from her book *The Field* in which she presented fascinating "heretic" research by leading quantum physicists, biologists and chemists. McTaggart really has a good insight into such research and presents it in an excellent way for the general public. I hope you have read *The Field* because it helps a lot in the understanding of what I am presenting in *Geometry….*

In the first part the *Intention Experiment* again presents a good review of scientific research in quantum physics, and human thinking and energy, i.e., research and thinking developed after the publication of *The Field*. I believe that in the second part of the book McTaggart followed an entirely wrong direction with her study of nature and the force of human intention – just because neither she nor the quantum physicists that continue to pursue this theme have understood the existence of positive and negative quantum energy. If you read the book, I hope you will come to the same understanding on your own.
So, whoever is interested in the thinking of quantum physicists on human thought ought to read the book. And *The Field* as the first part of that story.

The motive for this post is McTaggart's interesting observation, presented in the *Intention Experiment*, on the influence of thought on events, based on her own experience. She is not sure about her conclusions because she has not yet come to positive and negative energy, but the example is interesting. Here's the quotation:

Most of the studies of negative intention deal with the conscious wish to hurt

somebody or something. I was interested in the moments when the negative intention is unconscious. Say, when you don't like someone and unconsciously wish him ill. Do you unconsciously send out a negative intention? What about the moments when you are furious? Can momentary fury cause unintended harm?
An excessively eager scrubwoman once scrubbed all the chromium off our bathroom faucets. When I saw that several hours after she left, I was so furious I had to lie down. We had just completed a costly five-month redecoration of our new home. I as horrified when I later found out that the woman – while I was raging – had fallen from the bus and broken a leg. On another occasion I was overwhelmed by irrational anger focused on a woman, our personal banker, when I found out that our bank, new computer technology notwithstanding, failed to record a few deposits and turned down some of our checks. Later on I found out that the woman, roughly at the time I was venting my rage, had fallen on the sidewalk and broke most of her front teeth.

In commenting similar events in two earlier posts (*Shit happens* and *Shit happens – but why?*) I included the following explanation: if sufficiently strong, the negative energy sent us by other people does not only take away our positive energy so that we are tired, sleepy, or feel pain somewhere. Negative energy annuls all the fine nervous regulation throughout the body and we become clumsy, break things, fall, drive recklessly. We lose the coordination of movements, which can be weaker. But the decline can be drastic and we can fall for no reason at all and suffer a severe fracture at home, in our room, not by falling from a cliff. McTaggart called it, quite appropriately, "the voodoo effect".

Just as we are capable of screwing up our own quantum mechanism of coordination because somebody is vampiring us but also if *we* vampire anybody, we screw up the quantum mechanism of electronic devices and even of mechanical gadgets (I have an interesting example of that, but with so many interesting themes its turn will have to wait).

So, we have now refreshed our subject matter, and at the same time I have informed you that it would be useful to read the first part of *The Intention Experiment.*

Stay alive and kicking!

April 13, 2008 14:01:45 | [Bee]
Hi, Serena. The way time flies certain things are being resolved of themselves and simply fall into place, but on the other hand there are others that keep coming back, others that have jolted me all my life – and as I didn't know what to do with them I simply swept them under the carpet.

Now they are here again and jolt me like mad. I have episodes of fury, anger and destructive impulses. In many situations I also blow a fuse, although I know that it serves no purpose and, moreover, it exhausts me, I just don't know how to stop these outbursts. Thanks.

April 13, 2008 16:33:01 | mindpositive

Bee, you have understood the psychological aspect of fury completely. You need just one thing – the "black sheet". On yourself and on the person provoking your fury. Five times in ten minutes, if necessary. Feel the dynamics yourself. This will defuse the negative energy. After some time, when we feel capable of doing that, we spin the chakras for five minutes, for half an hour... depending on available time. This will increase the frequency of positive energy, which will annul the negative energy of fury. Many people have reported a fury phase here. And the fact that it passed.

April 14, 2008 20:27:18 [sunshine]

I am also hit by a crisis, quite a severe one. My problem is that my partner has become verbally very aggressive, so that I stopped doing the merry magic for a short while, but matters also got worse. I went back to the black sheet and defense, but the situation is not rosy. What to do if I am exhausted by someone so close to me? I feel I can't let her drain my energy, but on the other hand I am sorry and afraid to leave her without energy. In a post you too, Serena, mentioned your doubts regarding such situations and suggested, if I got your meaning right, that you consciously give your energy to somebody in order to avoid greater trouble. This time it's more difficult than I thought at first. Is there a shortcut?

April 15, 2008 1:22:42 | mindpositive

Sushine, where do all these misconceptions come from?

<u>There is no use in giving energy someone, ever or in any case.</u>

The person you are giving energy must always set in motion the negative energy process as a way and form (single spiral spinning counterclockwise) in which the energy reaches him/her. With all the adverse effects of negative energy on health and character. I never wrote I had any doubts about not letting anybody steal my energy, or being sorry for letting him/her remain without my energy.

And greater trouble is never avoided this way.

There, this is the reason of your crisis – misconceptions, rong deas in your head.

Should I write the book anew for you? Here in this comment. That's what I feel when I see what that wretched Sunshine wrote.

Your partner has become verbally aggressive. Without concrete examination of the energies involved it would be difficult to conclude whether this happens because you are vampiring her or the other way round, regardless of your thinking that you gave her energy. Who knows what you were doing. But regardless of that our life is made simpler by the fact that the energy reaction is the same – stop her and your negative energy ("black sheet"/"press").

You had such a clear mind so far, Sunshine, and now I can't recognize you. You seem to have forgotten everything you understood so far. Just a good sample of a negative mind. Which fails to understand the basic things. And until yesterday you understood all the fine nuances.

Just go on giving energy because you are sorry and because your darling will remain “deprived”. With all that giving of yours she has become aggressive, and you have become stupid. Splendid!

... I understood what you meant when you said that “I (Serena) was consciously giving energy”. That was in the April 5 post, “Serene dawn”. But I did not say I was GIVING ENERGY but, rather, that I decided to HELP by creating coworkers/allies.
And I’m helping so that the entire family of my younger aunt is under the “black sheet” when their negativity reaches me. And so that I taught the “merry magic” to the wife of a cousin, i.e., she read the whole book. Read that post again, with this explanation. And I also told you not to help anybody before you have acquired knowledge, persistence and a sufficiently high frequency for that.
My help – TEACHING POSITIVE ENERGY to an interested person – took two and a half years and a tremendous amount of time and effort every day. Moreover, this is not by any means mere teaching, lesson over, bye. It necessarily includes your involvement, in energy terms, in the life of the people you are helping. They are climbing a hill at a run and you, perhaps even in another town, don’t have the strength to climb the stairs to your apartment. Until the ally starts to master the basics, and becomes a master, and until... You may wish to hold a lesson and call it a day, but the quantum nature of energy does not permit a “partial relationship” in time and space.
So, I’m telling you, narrow your relationships down only to your immediate family if you want to succeed. You have seen how many of you have problems just with the partner. And how difficult it is to get into a positive energy setting. And yet things should not be that way, for who is closer to you than your partner.
In the specific case, I only decided to help after I secured the COOPERATION of my cousin’s wife, who understood the story about positive/negative energy read the book and assiduously practiced the “merry magic”. Without that, I would have changed my decision the same moment and distance myself from them completely. For I would have had no chance of success.

And, to come back to the beginning – what are you going to do with your wife? Who is closer to you than she is, and she does not share your interest. That is definitely a tough problem but I have no advice. You know the energy principles, and specific themes are personal tasks – to be dealt with.

April 15, 2008 7:12:40 | [NERA 8]

I have a real collapse on my hands, I have become candid toward people, i.e., I feel the negative energy and simply tell them insolently what I think. There is a thing that has bothered me for years – when somebody drains my energy I get nervous, jittery and can’t explain some actions – something else drives me to terrible outbursts – I YELL. Terrible but true!!!!!! Serena described something like that in her book, and I am still struggling with that, the number of tantrums has decreased, but there are still here. There is a lull and then, bam! I think I’ll need quite some time to bring myself back to normal, which I probably never was, I am discouraged, and yet something intrigues me and I start all over again. Hi everybody!!!!

April 15, 2008 10:13:30 | [leeloodesign]

Hi, guys, here I am again after a longer break (if anybody remembers me at all)... A month ago Mila entered my life, a little new being requiring a lot of attention and love, especially during these first days, so that I am very short of time...

I see the theme is fury, so I decided to write about my momentary problem and that is my vampire mom who is currently staying with me in order to help me with the baby... but in turn she drains my energy wholesale... I have very little time for the merry magic and sleep, so I'm afraid I shall soon start stealing the energy of my little sweetie ... (or have I already started to)... mom's presence makes me nervous day after day, and I feel such bouts of the jitters and fury when I look at her that it's simply not normal... and at the moment I can't manage without her...

Is it possible that the mom-grandma-vampire steals energy from the baby, too, or just from me? Love Nataly

April 15, 2008 15:48:18 | mindpositive

Congratulations on little Mila, Nataly... and a lot of positive energy to all of you. Wishes are wishes, and now let's turn to reality. As a rule a grandmother steals the energy both of her children and her grandchildren. But parents also steal energy from their kids when they suffer from a shortage – isn't that the main topic of *Geometry*... how can anybody think that he is – but for the grace of God – an exception?

And that's how it was in your case and you've grown to be big and clever... to crack a joke. This means that Mila will not be in trouble because of this situation since, as far as I understood the situation, your mom will leave. Well, since now you can't manage without her (!????), try to look at the sunny side of the situation, joke with your mom, tell her freely to do or not to do some things... try to have a pleasant communion with her, create a good atmosphere. Just don't panic and blow your top, although this just happens of itself as a mental aspect of being seized by negative energy and that, therefore, says that your mom is in action. But that's the way the cookie crumbles – weddings, births, funerals – vampires working overtime. But now just enjoy everything a little, cordial regards, Serena

April 15, 2008 20:50:23 | [sunshine]

Thanks for the explanation, Serena. I had a good laugh reading some of your comments on my dilemmas. I am carrying on with my trench warfare. I'll let you know when I get more positive and clear my mind. Thanks for your support, Bee. Congratulations to Nataly on Mila. Hi

April 16, 2008 21:00:05 | [name]

War, folks! WAR! Just calling in... following interesting and instructive discussions. Very, very progressive. This job calls for an astronaut's psychophysical preparation, yoga concentration and emotional disorder of a woman with PMS. No real results without that, I think. Real war! For this or that reason, I found the application of the merry magic a very inefficient, and yet very dynamic and uproarious experience. Well, something at least – the sheet works; the merry magic does not. That is, the black sheet defuses the condition, the merry magic blows it apart, causes disorder. It probably enhances the present negativities because the sword alone is not efficient. It simply isn't. In my case, the merry magic did not produce the described effect. Nor the anticipated ;-)... where I somewhat understand, of course, my own omission. Spinning chakras would "elevate" my frequency, but God forbid. Breakup. Only now the sheet does its job. At the moment. (Humph...., does it...?-). However, I see the effect and the results only subsequently and in very subtle dimensions and only if I remember. But it works. (Humph, does it...?). The use of all these tools in violent attacks or defenses, whatever, turns out to be too complicated. If anything, out of all this I have a f..... notion. (Have I...?).

April 16, 2008 22:15:58 | mindpositive

Ah, here is Name again! (After the ban on comments until energy produces its positive effect).

Your mind seems to have cleared up a little, still no end of doubts. If you could deal with one, at least, to start feeling determined peace and a feeling of security at a given moment.

You have three tools at your disposal (in addition to the “merry magic” and the new technique, the “black sheet” – which works, besides me it has been tested by many here), and they are persistence, shrewd observation of your own energy conditions and – an ally. Apparently, you have demonstrated persistence, at least judging by your frequent appearances, your shrewdness is improving as your mind is clearing. The process is under way. All you need is an ally, at least one. Someone close to you who understands the energy story and practices the merry magic assiduously. That’s not totally unfeasible. You probably have someone as intelligent and funky as you are.
Your exalted tone is interesting, perhaps you use it more because of your writing talent rather than because you really feel but, but do cool it. I have the impression (your constant exaltation) that you are spinning your chakras the wrong way. You have mentioned it yourself: “... the sheet works; the merry magic does not. That is, the sheet defuses the situation, the merry magic blows it apart, causes disorder.” Meaning, spinning chakras causes disorder. As I understand it, this only means INVERSE SPINNING. At least you’ve noticed that, which means something, although you did not understand it. Do only “step 1” over the next few months. You are a very interestingly aware, good-natured (at the visible level) negative energy guy. And, just as always, you are trying to get away on charm. When will you get it that this does not work, does not hold water...?
April 17, 2008 11:42:36 | [name]
What is there to be seen? Nothing! Nightfall, folks. Just look around. Gloom and fog everywhere. Everything’s gone to hell, people lost their peace and nothing’s worth it anymore. Anyway, it’s not easy with allies because I am at war with an alliance of hard enemies lined up in my courtyard, on the chimney, on a tree, in my living room, garage, bedroom, in my own head etc. ... I could much more easily get an ally in the form of a casual passer-by than among the heap of all those funky and intelligent morons in which my environment abounds, with me at their head.
.....
And, thanks for the advice, and I still follow the company. You (we) are great.
Kisses
P.A. And don’t fall in love in vain, wolves and all kinds of traps of the other gender (direction) await you there. Really
April 17, 2008 12:35:06 [Bumblebee]
Dear Serena! Here, let me give a sign of myself ;-) Because of so many commitments I had no time to follow the blog... Actually, the truth is different. The truth is that I was again swept by negativity. This is what I want to say: negative energy easily takes hold of you under the guise of work and commitments just because of wrong interpretations to yourself. In particular I see that I am negative because I have no specific plans for my visions, wishes, joys, and I lack the strength and determination to realize them. Nice regards to all of you, dear blogger friends, and particularly to you, Serena. I love you.
P.S. I understand that I am now in a situation in which some people swooped on me and sucked my energy (and still do), and I did not defend myself because I thought I was OK and that everything is OK. On the other hand, now I feel less well than two years ago because I now

consciously refuse to steal energy from others. And before I stole it and had more or less enough energy for survival. So, thank God and you, Serena, for this blog!

April 17, 2008, 12:55:20 | mindpositive

Bumblebee, some other people are also in trouble up to their ears because they believed they were positive and did the merry magic very rarely.

Energy is FLUID, VARIABLE, not from one day to the next but from one minute to the next. One needs to be careful all the time, especially in the beginning, especially when you are unstable. And that, as you see, takes time. The essential point is that you have understood, and you have, so now just focus on the "black sheet", the "merry magic", EVERY HOUR.

Oh my God, everybody appears to be so lazy and forgetful.

And you need knowledge, training and the persistence of world and Olympic champions...

April 17, 2008 21:47:56 | [Pyramid]

I'd like to know whether the black sheet would offer protection if one slept on black bedding and covered oneself at night with a black sheet. pyramid.

April 17, 2008 | mindpositive

Pyramid, you don't have to sleep in black. The "black sheet" technique is only a mental image of our INTENTION, GOAL. And that is: STOP, ANNUL NEGATIVE ENERGY. We use images as an instruction telling our very powerful subconscious what to do. Because the subconscious understands the image best. That is common knowledge in psychology. But the image must also be adequate, it can't be arbitrary.

Our subconscious, and its best part – the HIGHER SELF, are inconceivably powerful, it's just that we don't understand them, and they are a part of us – therefore, we don't understand ourselves. We have lost this part of ourselves.

By doing the "merry magic" (and the "black sheet" as the development of a part of the technique – "step 1) we return to ourselves, we learn to understand this part of ourselves and integrate ourselves into a complete being acting in the same POSITIVE direction.

And not, as is "normally" the case, having a situation in which each of us operates in a different direction, everybody is shouting and nobody listens to anybody. The result of this internal discord is our vital FAILURE in all areas.

Thus, it is really not crucial which color we wear, although it is good to wear the color we momentarily enjoy or which attracts us. This means growth of our wellbeing by a millimeter. When we know how to think and feel, when we are connected with our HIGHER SELF, our wellbeing grows by thousands of millimeters.

The crucial point is what we think and feel. The crucial point is whether our energy is positive or negative. The "black sheet" is an auxiliary mental technique. The black sheet literally, on the bed, is a matter of taste, nothing else.

April 20, 2008 15:11:38 | [New Sun]

Dear Serena... Here I am after a long time. I spun chakras for a time and used the sword, but convinced that it does not function, I stopped. For a long time I did not visit the blog either, the book I had bought is in my closet, and I felt terribly. Literally nothing was as it should have been – pimples, fatigue, lack of will, lack of faith in myself most of all... Lack of will to learn... The entrance exam on the doorstep, and I am in a negative cloud, thinking I would be the only one failing to enroll at the wanted college. And, last week, a disaster, I never had it so bad before – I slept literally 14 – 16 hours a day, did not learn, did not do anything... Then I read about the sheet and felt that it worked. I feel better and sleep much less. I think I need a lot of practice, but

I simply can't spin my chakras every hour. Everything seems to be going downhill... Human relations, school, work... I often cry, obsessed by gloomy thoughts... I see no way out... :(Regards

April 20, 2008 17:20:52 |mindpositive

New Sun, you see the "black sheet" works. And don't you tell me that you "have no time" to spend two minutes every hour for the "merry magic". Let that be a rule, and in some situations when, of course, you can't make it, those will be exceptions from the rule.

How do you find the time to sleep fourteen hours a day? If you slept eight hours, that still leaves you six hours for something more useful than sleeping, and even if you set apart an hour a day for the "merry magic" and the "black sheet", you will still have a high time surplus. Second, start reading *Geometry...* again, and read it carefully from the first to the last page. I know that you have always doubted the propositions outlined in *Geometry.…*, and that means you have not understood them either. Understanding is essential.

Since you are again with us, you must have built up some basic confidence in *Geometry.…* in your head.

According to your description, you must be under a heavy vampire siege. In the comments you'll come across experiences of other people, there are some resembling yours... I have given extensive answers to all of them, and you can now read them and understand the point. This will lift your spirits if you regularly follow what it takes. Now carefully read once again everything I have written here (in a condition such as yours the mind is not clear, and it's better to read everything even three times in order to take note of everything), see whether you agree with my points, and if you do, get to work.

51.

Friday, April 18, 2008

Stupidity is temporary

Bumblebe, I love it when you say it in your own words, because then I know you have understood, so here I'm quoting you:

I think that the Secret and Abraham and all the other creative visualizations and mind programming are of no use if your mind is torpid and negative.

That's right. When the mind wakes up, when the mind is positive, as the first thing you will not want the heap of nonsense desired by a negative mind. The things you need in life will also happen on their own, without any "programming". You will simply have a goal, you will work toward its accomplishment and you will accomplish it. Or, sometimes, will not, but you will <u>understand</u> why you failed, or that you actually did not want that particular thing nor wish to accomplish it.

Well, this is what we are doing now, don't we, you'll say. Yes and no. You are full of fear and panic, you don't know why you failed, you are angry. That's major

difference in the interpretation of reality, and even in reality itself. Because your anger and fear of failure increase the sum of negative energy in the world and additionally knock down your chances in future ventures. And all that because you have not understood. Because you can't understand, because your mind is not clear.

But now, when the positive frequency of your mind is sufficiently high, yoru life will be arranged quite well, and your greatest wish will be TO UNDERSTAND. Although at that point you will already understand much more than before. That will be a quiet desire because you will no longer have any fear. And then no programming techniques (Abraham, Secret etc.) will be required any longer because you will have a coherent (harmonized) system within you and with the Universe. You will just keep improving your condition.

Here's Bumblebee again:
... over the past seven to ten weeks I have just been throwing around blankets, comforters and what have you... and spinning chakras. Every half an hour today! And really, my mind is getting clearer every day, and I am getting more and more optimistic :-)

That's what is written in the book, I have written that a thousand times: do the "merry magic" often enough and you'll notice the result, the difference.

In order to notice anything you need a CLEAR MIND.

And see what Bumblebee is writing: *...my mind is really getting clearer every day.*

Folks, you can't go stupid into the future.

When you are stupid, only the past drags you.

This means that nothing new happens to you, only old things repeat themselves, old behavior patterns.

This means that you are not progressing in your life, but regressing.

This is called habit or tradition.

When you are stupid.

And nobody is stupid just like that, only his mind is obscured by negative energy.

Get your positive energy in motion and your MIND will work beautifully. It will have plans, find solutions.
Feel that, for chrissakes, feel it at last...

Stay alive and kicking!

April 18, 2008 21:44:37 | [Pyramid]
I would have been sitting pretty if I had practiced the merry magic since last summer when I came across the chakras, that is, your blog. But an acquaintance confused me... he goes in for bio-energy, and I thought he was competent enough to explain the chakras in somewhat greater detail. His comment was, “what the hell do you imagine, do you think you could spin chakras by who knows what visualization”, and added “that would take a lot of time and study, and it just can’t be done through a blog”. And then I stopped. Since I started to study the spiritual world with all my might at the time, I did not know what to thank for my momentarily good spirits. It all started with the book *What the Bleep do We Know*. As of early this year I started intensely with meditation after a bout of total depression. So I set off with Deepak Chapra’s *Spontaneous Fulfillment of Desire* and *The Seven Spiritual Laws of Success*. After three months I did not progress much... how could I when I was skin-deep in my negativity, I could have meditated until the end of my life and forced my mind to think positively and believed that it would all happen. And I experienced a real turnover only after I started spinning my chakras and breathed carefully for a few days. Many things are now being arranged, I try to monitor that.
April 18, 2008 22:12:06 | [Pyramid]
If we use the black sheet in order to stop and annul negative energy in ourselves and, for instance, our interlocutor, that is an instruction to our subconscious, and our subconscious and that of the other person communicate that way. Could our subconscious in this way stimulate the subconscious of our interlocutor toward some positive directions? I have tried the black sheet on different people and it works. It is as if you have made it quite clear to that other person: don’t you even try to open your mouth with your irritating tone and malicious comments, get away from me. He simply heard me as if that was expressed verbally.
April 19, 2008 0:30:26 | mindpositive
An interesting and logical question, Pyramid – if we can stop someone’s negative energy with the “black sheet”, the consequence being the immediately visible change of behavior toward us, can we encourage the other person to activate positive energy?
We can’t, that is, we can do it very rarely, it lasts for a short time and is totally unstable. Nevertheless, there’s something good about our having stopped somebody’s negative energy even for a moment. And that’s all we can do. Why? Because during their life people have accumulated a lot of negative energy, and stored it in their body and psyche. You have seen how difficult that is in your own case, when you consciously decided to get rid of that, when you decided to annul negative energy. You have seen the amount of persistent and inventive work this requires. How could we, then, do that for someone else with just a few messages, sent in who knows what way, without his having any idea about it or making any decisions in that regard? No way. But whoever has small children can transfer that to the kids with no additional effort. Just by working on oneself. Because children copy their parents, and most easily of all

they copy the energy code.

Yet, imagine a different situation. If just two members of a five-member family could activate positive energy, the dynamics in that family would change. And those two, after some time, would manage to explain positive energy to a third member as well, i.e., persuade him/her to read *Geometry*... They would succeed because that third person nevertheless would start to oscillate resonantly with positive energy since he was not a bad character and was not an active vampire, and the energy cleared his mind and he slowly began to understand. The remaining two still don't even want to hear about it.
But the three have changed a lot, and the usual behavior of the remaining members does not work any more. Then the fourth one, already more or less positive because he is surrounded by positive energy, also consciously and finally accepts the positive concept. This leaves just the fifth, the oldest person. You can't teach him/her anything any more. But even that person, surrounded as he/she is by positive energy, slowly starts to oscillate positively.
That person is unstable and often confuses the remaining four with his/her vampiring. They are still positive (with the regular "black sheet"/"press" and spinning). The old person is bored of such a life in which he/she can no longer bother others as usual to and in which nothing is any more as he/she says. So he/she simply dies, his/her time has come.
Now the four are a stable positive group... and live happily ever after. Happy End.
In the beginning was the conscious decision. You can't do without it. And that holds good for all adult nerds and assholes.

Yet, I must admit I had a similar idea myself. I tried on a person I cared about – not to transmit messages but move her chakras in the positive direction. Result – zero points. Even worse, because I got entangled in her negative energy. Therefore, the foregoing explanation is not the fruit of theoretical conclusion but also of practical experience.

Let's drop other people. Everybody is the master of his own body. Who are we to change them? We can't change others because EVERYBODY HAS HIS OWN EXPERIENCE TO LEARN FROM IT. You can't erase somebody's life and somebody's experience even if using positive energy. That would be like passing a wet sponge over a chalk record. No way.

April 19, 2008 11:11:40 | [Tarkovsky]

How does *Five Tibetans* work in the *Geometry* context"?

April 19, 2008 11:56:05 | mindpositive

The Five Tibetans was written a long time ago. That being so, the general state of consciousness was such that it would have been rather inconceivable to instruct someone to activate his energy with his mind alone. So the accent was on physical action, body spin and some other, simple and useful exercises.
If you want to turn a close person into an ally for the "merry magic", and he/she resolutely turns down even the idea, it might be useful to give him/her *The Five Tibetans* as a remote and mild introduction to the theme.

April 19, 2008, 12:07:52 | [Terah]

I recently read the book *Creative Visualization/Fulfill Your Wishes*, and it's OK to the part about the visualization of hexagrams. Is the book useful?

April 19, 4, 2008 12:29:09 | mindpositive

I had the book in my hands a long time ago and no longer have it, and I can't remember the details. Lately I wrote a lot, in my comments, on "creative" wish fulfillment. It was you I answered on this theme. The first point is that most of our wishes are senseless. Such books are useful just a bit because they introduce the reader to the idea that the mind is very powerful. Since they have no idea about how the mind functions with respect to positive and negative energy, the techniques are senseless, and mainly involve the copying of copied texts which copyists copied from copyist, and the latter from previous copyists, with no fundamental knowledge. See what Pyramid wrote about that, see what Bumblebee wrote about that... Do you at all read the comments here?

April 19, 2008 23:07:50 | [Pyramid]

I have been reading your blog and the comments, and I have, of course, read your book. *The Celestine Prophecy* is next, but I did not know that it comprises several books, I took the first three and the first one I am reading is the *The Experiential Guide.* I came across exercises describing how we can get energy from the universe in different ways... as I read in your blog we should not do that, we need to get energy from ourselves. I think I chose the wrong book!? Which books can you recommend, and which authors?

April 20, 2008 8:7:09 | mindpositive

Pyramid, *The Celestine Prophecy* has four parts, so start from the first one. You can skip the third part, the practical exercises you are now reading, just because the author's basic idea is that we can "draw" energy from the Universe. I have already criticized that in the book. But I have also quoted *The Celestine Prophecy* because of its good description of the vampirism problem. Actually, it was the *Prophecy* that led me to study the theme. I recommend all the books I quoted in *Geometry*... the fastest way to get the required information are the footnotes. More specifically, I recommend *The Celestine Prophecy*, parts 1, 2 and 4, *Hands of Light*, *The Field* and *Psychic Vampires*. Except *The Field*, which presents scientific research, all these describe energy phenomena and provide exercises. <u>All the exercises they offer are not good and do not produce results. Why</u>?

Because none of these authors – who have nevertheless partially described energy phenomena, some more at the energy level others at the psychic level, although all of them describe both – have not understood the quantum mechanics aspect of the phenomenon. And it was just this understanding that blazed my trail toward the understanding of the technique, gave me the concept of positive and negative energy (at the level of subatomic particle spin) and the ida for the "merry magic".

Part 1 of *The Celestine Prophevcy* includes an excellent presentation of the struggle for energy; part 2 presents the idea that common work by several close persons can increase frequency (the actual mode, common remembering of past lives, is totally inadequate and unfeasible); part 4 outlines the fragility of the positive world if it is limited to an isolated community.

If you read these books carefully, and after you have already started practicing the "merry magic" so that your mind has clarified and your capability of understanding increased, you will understand very well how I sustained by work on the insights of these authors and made a major step forward. That's the way things develop. Nothing starts from zero.

If you read *What the Bleep do We Know* more carefully, Pyramid, you will see that it is a lighter variant of *The Field*, a much lighter one. For whoever finds the scientific language of *The Field*

difficult to follow, the former book is clearer, but also poorer in terms of a number of insights and issues. I would call it a picture book on the *Field* themes. There is nothing bad about picture-books. At any rate, it's a useful book. (Note: after many comments I have seen that most of my readers are, humph, are not really well-read, and that is why I strongly recommend *What the Bleep*. It will give you a good opening for many important themes). This book is also a possible introduction to *Geometry…* for people who have not yet come across these themes or refuse to consider them. So, again, when you read things carefully, you'll see that I have provided answers to a number of themes which these books only consider in the form of questions.

April 20, 2008 17:07:22 | mindpositive

Equilibrium, sooner or later there is always a longer period when all our strength is spent on cleansing negativity. That's a tremendous job. So we reduce all the possible activities. You explained that to yourself quite well. You can't skip that. Unless you have an ally in the family, which makes cleansing negativity much easier. Why is so much strength spent on cleansing negativity? Simply because your vampires don't get off your back. You lose strength on their negativity and your own negativity.

They lower your frequency many times a day, stop your energy, and you have to start from zero every time. If you were in a world in which only you were negative and cleansed only your own negativity, the process would be so much easier. But, the world being what it is, we need to apply the additional effort.

Nevertheless, when you experience even shorter periods of buoyancy, you'll know that you are on the right track because you note than you can also manage in these other, "stronger" states.

Use the "black sheet" as much as possible, not only at work but just in the family, especially with respect to the older members of the family and those you assume to be your vampires.

In Bumblebee's case this meant relief and higher energy. Everybody would need that. Only Bumblebee decided to wave the "black sheet" every half an hour. That's why she succeeded.

April 20, 2008 17:38:19 | [Old Sun]

Dear Serena, this refers to the comment sent to New Sun about 2 minus every hour required for the merry magic. I must say that I do not find 2-3 minutes sufficient at all. OK, it can all be done faster if I throw the sheet instead of cutting with the sword and tying threads... but chakra spinning itself takes a lot of time. A minimum of 36 seconds to spin each, up front and at the back, and to spin them all I need about twenty minutes. Any suggestions? Thanks! What are the experiences of others? Hi, everybody!

April 20, 2008 | mindpositive

You have calculated that well, Old Sun. When you have time, spin each chakra thirty-six seconds. When you don't, spend 2-3 seconds on each. Besides, these are beginner times. The longer we practice an energy exercise, the more quickly we can do it. Just as with any training session – the more thoroughly and the longer you train, the faster you are.

For the "black sheet" you always need at least 5-10 seconds to keep your attention on the "frozen frame". But when you don't have even so much time, a second will also do.

And then, when you walk, spin a chakra even half an hour, if it "pulls" you, you'll find it beneficial.

April 20, 2008 17:51:36 | [New Sun]

Dear Serena, thank you very much for the fast and comprehensive answer. I did not have to read it twice, ha! ha!. I am not dumb yet. I shall read *Geometry* without fail, and the blog when I manage... I have returned because I want answers... And all this story about energy processes

matches some convictions I have always kept in myself, e.g., I have always talked in terms like "energy", "I have no energy", "positive", "negative"... And then I began to read about your discoveries. Thank you for all that, and however abstract this may have seemed to me before, today I see my everyday life in these descriptions.

April 20, 2008 18:39:04 | mindpositive

New Sun, I am not sure I have understood how you spin your chakras. Better stick to my instructions because if you spin them the wrong way you will certainly end in trouble up to your ears. And, to add something to your instructions: for a dozen days do the "black sheet" to the elderly folks in your family as often as possible. Spin chakras only a couple of times every day. Your case first calls for stopping negative energy, your own and that of others toward you.

In particular, analyze the relationships with your friends carefully. If you think that any of them vampires you, find a way to tell her, candidly and calmly, that you won't be seeing each other for some time. And I'm telling you, as I told Nataly – find a way to cheer yourself up right away and see something nice, don't panic. When you get the blues, remember the "black sheet", think about who may be vampiring you and cover such persons very often. You will be surprised by the speed of getting out of the blues. In a recent post I explained the "black sheet" thoroughly, so read that.

April 20, 2008 19:16:38 |[Bumblebee]

Just as I said, I'm in a mess, and I spin chakras even up to 30-40 times a day. I want this to become a habit like drinking water and washing my teeth, and that's the essential point. I need about 4o seconds for the spin, I timed that (unless I made a mistake). But then I hold my mind in order to observe the chakras spinning. For the black sheet I hold the picture a little longer because I think that I need it more these days. Is this OK? I have the impression that I am getting the instructions regarding length, intensity and duration "from myself". As if I were reconnecting with myself :-)

April 20, 2008 19:25:32 | [Bumblebee]

Dear Serena, a question: today mom gave me a beautiful piece of her mind because I had a nice day (probably because I'm alright without her). It hurt, but then I immediately cast the black sheet over myself and over her. I have already repeated both steps several times, though I'm not quite calm yet, but I'm not giving in. I really decided to live love. And now the question: did she react that way because I am (finally) finally splitting from her in energy terms? I know I'm repeating myself, but the right orientation is really, really essential to me, and your answers mean a lot to me (and, I believe, to others as well). Thank you

April 20, 2008 21:29:04 | mindpositive

Question: "*...did she react that way because I am finally splitting from her in energy terms?"*
Answer: YES.
When your vampire-moms tell you off implying that they are neglected – and your variant is even worse, she is dissatisfied because you are having a good time – try to avoid a serious discussion and instead make fun of it all, although this will probably make them madder – but you switch to fun again. Beware of your moms and of the evil eye! Howgh!
PS I like it best when I see that you have understood my theory and when you ask me what to do about practical implementation, and I have no difficulty in answering you.

April 20, 2008 22:07:12 | [Equilibrium]

Already for some time I have finally been seeing both the front and the back chakra spinning at

one time. I even think I also see them all at a go. But I still spin pair by pair. Sometimes I count, sometimes I don't. Sometimes forty, sometimes four seconds. When I ride in a bus I spin one pair from one to the next stop. Thanks, Serena, for the quick answer. This is very important to me. You feel that, probably. Especially because we are a small family (mom, dad, son and daughter) and no elderly people (except for us being around fifty, but our children are still young). My parents and my husband's parents are gone. My husband is the oldest member of the family. And the most scowling, most pessimistic and least cheerful one, and whenever he can he switches to negative. He is inclined to gloomy forecasts, and does not permit himself (nor others) to rejoice. As a matter of fact, he tries to discourage "noise" if we dance or sing carried away by the music but, luckily, he soon gives up. But he never joints the fun. Our children don't mind him, but I find it difficult having nobody to share cheer with. He grew up next to a difficult mother (during the first ten years of our marriage he actually lived with her and not with me and our son). Who knows whether his mother-vampire will lives through him. He has read *Geometry*, but does not persists in anything he starts (meditation, Reiki, merry magic...) What am I to do? Is there any point in trying to improve a relationship with one's own vampire? Will my luck every change and will I manage alone? Thanks! Hi

April 20, 2008 22:37:07 | mindpositive

Three questions, Equilibrium: Do you think, when you consider yourself, that you were a passive or an active vampire before *Geometry*? Does you husband have a sister, or any aunts? Has anything changed with your husband since you started practicing the merry magic? When you answer me, perhaps I shall be able to tell you something.

April 20, 2008 22:58:23 | [Equilibrium]

Several years ago I was a typical I-can-manage-everything-on-my-own, and I became morose and surly because everything became too difficult for me. At the time, when the kids were small, we were lustily vampired by two old women of plus seventy (my grandmother and my husband's mother). That lasted ten-twelve years. We were all crazy, neither my husband nor me knew whom to care for first. My son grew up in such a situation. When my daughter was born (nine and a half years after my son), my husband moved in with us. After two years my grandmother died, and five years later so did his mother (with a lot of trouble). Then my husband started having problems on his job, problems that are still there. Financially we have been in a fix for several years. Long ago I defined my only true vital job – be happy and thus be an example to my children. But now I am growing somewhat weary. Even if I was an active vampire, probably I am no longer because my children often approach me and communicate with me. Both my own and the children I work with. Can this be my test? So, I think that my vital task (in addition to the one mentioned above) is also relating to others, instead of soloing, to which I am inclined.

My husband has an aunt and a sister, but they have been living far away for quite a few years. He has no contact whatsoever with the former, and very few with the latter. I think that my husband has become more jittery ever since I started to practice the merry magic. As if, I would say, I were eluding him. When I think about it, he was always OK when I was down. And when I recovered, he would give me that wide-eyed look. And I would like us to live our life side by side, get it? Utopia? All the time spent with him proves me wrong. And I still entertain illusions! Am I an incorrigible romantic or just existentially stupid?

April 22, 2008 18:09:40 | mindpositive

Equilibrium, your old folks, yours and your husband's, obviously drained you dangerously over a great part of your life. Now they are gone and you and your husband should be able to activate

your positive energy much easier. But, but, old habits die hard. Let me quote you: "
"When I think about it, he was always OK when I was down. And when I recovered, he would give me that wide-eyed look. And I would like us to live our life side by side, get it?"
I get it. I think yours was not a half bad marriage and that you lived, nevertheless, "side by side". You vampired him a little, and he vampired you a little. You knew nothing about positive energy, and took and gave in the negative energy context. And that, of course, is not much, but, not half bad (as Dalmatians would say) in the negative world. When you get rid of your habit of vampiring him, that will establish initial genuine trust between you and then, some day (this needn't be too far in the future) he will be ready to hear the positive energy story, will be ready to make an effort about it. He will become an ally, an associate. And then he should also stop vampiring you. I think you need to set yourself that goal, and your utopia along with the activation of positive energy might become reality.

April 21, 2008 7:37:29 | [Bee]

I have a purely technical question regarding children (7 and 14). The elder still has tantrums and is fairly depressive, while the younger is "freaked out" when she comes from her grandmother and grandfather (who live in the same house) or if she plays for a longer time with children in the neighborhood, sometimes even when she comes from school. I also tried to use the black sheet on them in such situations, as well as on people they contact and who, I know, have a bad effect on them. I noticed that passions defuse slowly after the sheet. Should I continue to use the sheet on them or not?

April 22, 2008 18:09:40 | mindpositive

Bee, that was an excellent implementation – the "black sheet" on the children and on the people they meet. That way you really teach them positive energy and, for the time being, protect them. You still need to protect them, for a while, at the energy level, until they learn the ropes themselves. Children learn fast.
You use the sword off and on, when you feel it's necessary, and that is good.

April 21, 2008 16:32:46 | [Haloefekt]

Here's me again. I am now on page 169. After watching and studying I understood that on my job things have not been OK at all for ages, ever with regard to people who appear to be calm and okay. And the part of the firm in which I work is a pure vampire fest, no less and no more. I hope that the book will remain to be practical and applicable, clear and convincing as so far.

April 22, 2008 20:15:44 | [Bee]

Thanks for your comments, Serena. I was pleased to hear that I have not made a mistake with the sheet and the children. As for my husband, he does not even want to hear about the merry magic and all the other 'witchcraft' as he calls it... and I am no longer trying to convince him to try anything. As to whether I am an active vampire or not, I really cannot arrive at any conclusion, that question plagued my too when I discovered the merry magic. I know that I exchanged (and probably still do, occasionally) vampire roles with my husband and my sisters, the youngest one in particular, I am quite aware of that. I would really like to know whether I'm an active vampire (and, if I am, to be the first to punch myself with all my might), but judging by the condition of my health I would rather say that I am a passive vampire... I often have headaches, especially when I do the merry magic, allergies to all kinds of things, pains all over the place, especially in my lower back, fatigue, drowsiness, exhaustion, apathy, low to normal blood pressure, and so on. A year ago my blood pressure soared to 90/145, I also suffered from thumping heartbeat and mild attacks of panic (doctors said it was due to the thyroid). I really don't know, maybe I am

really, after all, a strange variant of an active vampire. At any rate, thanks a lot for your patience, comments and help...

April 23, 2008 10:03:35 | mindpositive

I'm quoting Bee¨"*... sometimes I feel pressure, a crush, unease and even pain in the region of the sixth chakra, the third eye. This usually happens when the person I am talking to tells me something that is important to him and/or wants to convince him/herself and me of something. Is that a direct theft of (my) energy?"*

The answer: YES.

That's why I have been telling you not to talk with people about their problems. Don't talk about your problems. Because these people have no way of understanding either their own problem or yours, if they are under negative energy. Moreover, they will violently vampire somebody. The issue is not just a story. It is always a multilayered communication with an energy basis. If you know that they are energy positive, you can talk about anything, because you will understand each other, and probably even help each other in the deeper understanding of the issue.

April 2, 2008 21:50:37 | mindpositive

Bumblebee, you understood well the post on gaining weight and reducing. And arrived at a good conclusion. You just somehow missed the point when you said"*... my belly began to grow and grow ever since I firmly decided to defend myself from vampiredom"*. Your belly did not start to grow just like that because you started to defend yourself from vampiredom. The belly always grows because of vampiredom, more precisely because of negative energy, because someone is stealing your energy.

Biologists have already given belly the name of "second brain". Not only because the bowels stacked in the stomach twist like the convolutions (folds) of the surface of the brain, so that the similarity is striking, but primarily because the bowels have a number of functions in addition to the digestive. The bowels deserve credit for immunity, for our memory, they contain emotions...

We think that our belly swell after we had a substantial helping of beans. That has very little to do with beans or similar foods. Our belly swells because of negative energy, and beans can only add about ten percent to the swelling. Beans used to swell my belly, but now that happens only rarely, if ever at all.

So, a swollen belly, and especially the rumbling in your bowels, can be a serious sign that you were besieged by negative energy. And, conversely, when you succeed in stopping negative energy and activate positive energy, the swelling will disappear in a very short time, half an hour at the most (in my case, in five minutes, because I very quickly stop the right person).

April 24, 2008 10:17:31 | [Igi]

I also like that part in the book, and now I see that it also stretches across the comments on the measurement (unit of measure xyz) of positive energy. So, can you oblige me with a post or a part in a future book with more details on the subject? It would be great to have a standardized unit of measure and/or reference point and, of course, the respective technique. Personally I am a rather visual type and I think I'd progress faster if I could see some specific (numerical) results as a reference. I have been doing the merry magic fairly regularly for several months (more than eight) and I have also mastered the "black sheet" (I'm going to test it on a child two years old) and, of course, I have become more sensible in observing negative energy and its side effects, but also in the small pleasures when I bask in positive energy. But I find the measurement of positive energy quite attractive, of course if it can be standardized in a way, because I can't shake off that old "it takes all sorts to make the world":)

April 24, 2008 22:38:33 | mindpositive

I see no way, Igi, of standardizing such a unit. It is indeed totally subjective. But that need not limit you at all. You measure your own frequency, its decline or growth. The essential point is noting the DIFFERENCE, and you can do that with your unit, whatever it may be. I measure it with a pendulum, and also use the pendulum to detect who is vampiring me momentarily. I have one sign for positive energy – the pendulum spinning clockwise. And three signs for negative energy. First, when the pendulum is still, for moderate negativity. The second, when the pendulum moves in a straight line in any direction, is already a sign of rather strong negativity. Often you see, when two people are in a negative energy "clinch", the pendulum moving in a straight line for both, but these two movements are at a right angle. In the third case, when the pendulum spins counterclockwise, we have extreme negativity, which usually lasts a very short time and the pendulum reverts to the straight line.

Don't follow other people with a pendulum for too long. The shorter the better – because it is known, in quantum physics, that the person who measures influences what he measures (here it is the other way round). This is precisely a quantum measurement.

April 24, 2008 22:28:09 | [Curious]

I missed the post on reducing and gaining weight. Can anybody help me? I have already noticed that the victim of a vampire begins to swell (that is not "solid" fatness, but a flabby and a dirty pale yellow color seems to ooze out of her), she loses the healthy color of the complexion... The border is crossed. The dam (defense) breaks down and the thin jet of negative energy turns into a torrent. The victim gets sick. I noticed that, and even managed to recognize the sick relationship in which one party "glows" and the other one fades. Once the victim starts to swell, it looks as if he/she were sinking into quicksand. Why do I have such grisly pictures of all this?

April 24, 2008 22:28:09 | mindpositive

Your picture is not grisly at all. It is realistic. You described it very well. Observing is really important. Everything. The physical appearance, behavior, speech. You see the same picture at all levels. One refers to the second, the second confirms the third, and so on. That's the way we learn to understand. Understanding without observation is not posssible.

April 25, 2008 17:25:01 | [Bumblebee]

I read *Geometry* again and everything fell into place! I have the impression that before I did not understand what you wrote in your book, didn't understand anything, almost :-) The book is great, out of this world!!!

PS Did you add the lateral chakra pairs after you started to understand the fourth dimension? The link between the two occurred to be spontaneously.

April 26, 2008 8:14:23 mindpositive

Bumblebee confirms what I have also said a number of times – now that you are energy positive, you need to read my texts again. Genuine understanding begins only then.

Understanding liberates. Understanding is the supreme human mission, the meaning of man.

In order to understand you need positive energy. And, the other way round – understanding bolsters positive energy. This is a beautiful process resembling the perpetuum mobile.

April 26, 2008 19:25:35 | [Bee]

Serena, a comment, please, on a situation. When I wrote I felt pressure and crush in the region of the sixth chakra, the issue was communication, i.e., the exchange of experience with a person, a woman, whom I know to be positive. She looks at life the way you describe, with joy (genuine joy of life), and walks through life with a sense of purpose and fulfillment. In many conflict

situations (for me) she helped me with her comments, and managed to put some things in their proper place. She never bothered about any techniques other than being a believer, i.e., dealing with things with prayer (her own, not the classic way); moreover, she sees things, feels a lot even before something happens (as do I), and I know for sure that she understands me, and I understand her, some situations in our lives are practically identical. So, after all that, and after what I have now perceived with the merry magic, I have no clear idea about the theft of my energy, i.e., no idea about what should be my future position towards her? You can't break off contact with everyone. As it now turns out to be, Palle is after all alone in the world (for the time being). Thanks and regards!

April 26, 2008 19:39:04 | mindpositive

There are wonderful persons, Bee, just like the one you have described, who are psychologically totally alright. Through their own efforts they have developed into a person that behaves correctly and morally, they are intelligent, and also know how to give good advice. That is the most they could do on the basis of what has been known so far about the human psyche, human behavior and morality.

But...

But, even such persons can very often be intensively energy negative. And know nothing about it, this aspect is beyond their control. So they just vampire nicely. Their children, for sure. Their partner, perhaps. And some friends who gave them an energy access. Communication with such persons is excellent, just as you have described it. Mainly because they have collected your ideas by stealing your energy and now convey them to you, and you find that very close and like it. Such persons easily adopt ideas about positive energy because that is the only thing they miss in their mosaic of positivity. So, try, in a nice context, to explain the positive energy idea to your friend. If it doesn't work, you need to do the "black sheet" continuously while you are with her. But even when you're not with her, because you are now very attractive to her. Judging by your words, she is an authority to you. Along that line, you let her vampire you. I am not sure you can sustain the relationship unless she gets involved in positive energy. Follow the situation and be careful. It is precisely such friendships that can turn out to be a large energy hole, and very exhausting. Let's be a little logical and optimistic. Such a nice friendship with understanding such as yours should be open for a great novelty that you possess, and that is positive energy. Don't impose it on your friend but tell her about it, stimulate her to get to know it too. In a way that is a friendship test. If you don't tell your friend something that is important to you because you think that she would not understand it, ask yourself is that friendship so nice, reciprocal and equal.

I agree that it is difficult to cut off links with everybody around you, but for a time things are like that, the fewer the better. Nevertheless, try everything to keep your friendship, but if it is clear that your friend is vampiring you, I think you have choice. Simply because you will be so exhausted after every contact with your friend that you will vampire your children and your partner. Even without meeting her this happens all the time because energy also crosses distances when people are connected.

And, then, the situation is not: friendship, yes or no?

The situation is: because of my ("wonderful") friend I shall continue to vampire my children and my husband. Do I want that?

That is the only genuine question in this situation. And the responsibility of deciding about the proper and correct answer rests with everybody individually.

April 26, 2008 21:14:23 | [Bee]

Thanks, Serena! My goodness! Why are we so complicated! Whew... well, all right. I told her, of course, about the merry magic and explained it to her, offered her the book (for the time being she has no time for it...), but I was truly surprised by her reaction at the energy level. Her energy became sharp, like a cactus, confused and rather unpleasant (as far as energy goes); at the ordinary physical level she listened with interest and tried to understand but (probably subconsciously) in a way she disassociated herself from all that. My Reiki master also reacted in a similar way (at the energy level), and at the "ordinary" level she tried, keeping a low profile, to badmouth all that (the merry magic idea). Authority, yes, that's the key difference. Thanks once again. Have a nice weekend. :-))

April, 26, 2008 22:52:44 | mindpositive

Bee, I'm glad to see that you are capable of recognizing the energy reactions of other people. Only they are genuine. All the rest can be palmed off in a honey-mouthed wrapping. But that is very often a lie. Whether conscious or not is unimportant. A lie is a lie. If you agree to such a lie, you are dead. Our lives are swamped by compromises and opportunism that nobody recognizes any more. That is why we are faced with a major effort when we start activating our positive energy. And there is no other way but to face that, ourselves and all our mistakes, to face our agreement to be hoodwinked and deceived. A Latin expression says "ignorance does not absolve from responsibility". Ignoring energy has not absolved us from responsibility, although we could not know that. It is our children that pay the highest price of ignorance. Now we have to face all that. Calmly and decisively. Positive energy brings out in the open everything that is rotten and false. There are no exceptions. We, as well as all the the simple people, are not used to that. These are heroic roles. By opting for positive energy we have opted for a heroic role which is very demanding. It is not a role in a tragedy so far earmarked for heroes. Instead, it a role in the merry play of our life. There are ups and downs, acrobatics and dangerous jumps, but no stuntmen any more, you have to do everything yourself, but the Happy End is mandatory. That's the law of this poetics.

May 1, 2008 12:02:27 | [Bumblebee]

Aren't we the all-stars team! Bee, your thinking is great, really fabulous! My life sure took a turn for the merrier ever since I 1/ ran into the blog, 2/ bought the book, 3/ started hanging around with you :-) When I stop a little and think everything over, this has been one of the most beautiful periods of my life. Surely because I took matters in my own hands :-)

May 3, 2008 22:09:16 | [igi]

Whenever we move the kid (two years old) to her little room in the evening, we have a real circus. Crying, rebellion and the lot. During the last three four days her mom put her to bed, but to an avail, the girl fell asleep sobbing (the rebellion and putting to sleep session used to last even a couple of hours). Tonight dad :) too over and, after casting the black sheet two or three times over myself, the kid and my wife, the girl calmed down within three minutes and fell asleep after a record 15 minutes. By way of comparison, it's like having a wild beast and then, after a few minutes, a lovable pup, or breaking down a wild horse (ok, maybe the comparisons are not the best, but I think they are picturesque enough:)

May 4, 2008 8:11:23 | [grandma]

Igi, have you ever heard of LOVE, TENDERNESS, CHILD'S JOY AND NEED FOR PARENTAL TOUCH (whether it's night or day). Get your relationships at home and with your wife in order, and your child will sleep like an angel – which she is. I would not like to be your child. We are all entitled to our own life without SOMEBODY ELSE'S BLACK SHEETS (wow!), and especially children. We are only entitled to protecting ourselves, and LOVE and ACCEPT our children.

May 5, 2008 10:43:16 | mindpositive

Well, grandma, since you have commented on this blog, first read the book and try to understand one of the basic themes – about FEAR masked as LOVE. Your lesson addressed to Igi is an expression of your failing to understand, and your "get the relationship with your wife (or husband) in order" is really a "piece of advice". The way to do it has not yet been discovered (without positive energy in both). If you feel like it, also read all the posts and comments because they explain everything about the "black sheet" that you find so dislikeable. And then watch yourself and your family on the basis of the new knowledge you will acquire that way.

The biases and the usual way of thinking on this blog have been replaced by another concept and by the observation of one's own EXPERIENCE on the basis of this new concept of human nature. The old formulas of love, which you also advocate, have not made us particularly happy. That is quite clear even to teenagers, but "wise" hens find it much more difficult to understand all this.

May 5, 2008 | [Haloefekt]

I feel vampirism in Grandma's comment, if I'm not wrong. But, in order to change the topic, and in the light of something that was mentioned in the book, do you think, Serena, whether there's something bad in sport and medical massage?

May 5, 2008 22:43:17 | mindpositive

Haloefekt, any massage could be an excellent thing. If the masseur would not vampire. And he does vampire regularly because his is a very difficult job... so where can he get energy if not from his client... That's the "only" problem.

May 6, 2008 7:23:12 | [Nera 8]

Here's my experience in detail... I ran into a blog, bought the book and started exercising. My life changed in a moment, but somehow one doesn't trust one's own eyes. My marriage has stabilized, my husband has seen the light and now sees what I saw ten years ago, I no longer have the feeling of compassion and persecution which I did not need (built-in by my grandmother and mother), the condition of my vampires has gone from bad to worse, I finally see myself in a much better condition. I just have to fix my attitude toward injustice and... BINGO! I know that this is just a drop in the sea, but at this moment, believe me, for me this is really the sea! Thanks, Serena. Yet, all this is happening with a reason, including my running into this blog. So, guys, keep practicing and follow positive progress with your eyes wide open.

May 5, 2008 8:36:25 | [Humptydumpty]

Everything is going fine, the little chakras are spinning, the situation at home is fine, the kids are merry, creative... but how to get rid of negative thoughts? How to stop concocting the craziest scenarios for the future? They all write, they all say – live now, live for the moment... yet...

May 5, 2008 12:05:44 | [Equilibrium]

Welcome back, Humptydumpty! I love your lively comments! You reminded me of the words of my sister after I fervently spoke to her about *Geometry*... and about avoiding negative thoughts.

She spontaneously exclaimed: and then I have nothing to think about! My God, are we programmed that way?! Just thinking about problems.

May 7, 2008 14:21:14 | [NERA 8]

Just an addition to the previous comment... the mother in law and her mother dominate, and they have swept everybody into the whirlwind of their thinking. As a matter of fact, and that is the situation, they have made everybody inefficient and incapable. My father in law is intelligent, an educated man, but lacking freedom to do anything, even agreeing an appointment with the doctor, my mother in law does that and the rest. The man has no access to his money, she manages his money, ladles food on his plate and sets the date for having his hair cut. All that is present in *Geometry*. Ever worse, in the eyes of my mother in law and her mother all the people round them are liars, thieves, no-goods, and they are all rude and hateful and stupid. The male part is slowly taking my side and opening his eyes to normal communication and a normal way of life, after ten years of hell, but it's hard to get away from them, they keep imposing the feeling of guilt and qualms. I'm now in the phase of a flower that has withered and suddenly felt the strength to come round and get young again.

52.

Wednesday, May 28, 2008

Doubt versus curiosity

Doubt and dejection – Haloefekt mentioned them. These are two of the many ways in which negative energy is molded and expressed in our psyche and in our behavior.

In a negative energy environment doubt is nevertheless a stick to lean on because many people want to deceive you, consciously and unconsciously, personally or with books and other intellectual means. Moreover, you want to deceive yourself because you don't understand either yourself or others.

When we activate positive energy, doubt is replaced by CURIOSITY (I want to know).

Therefore, the WISH TO UNDERSTAND, now unencumbered by DISTRUST (because that is the essence of doubt).

Because now we know that we can start understanding ourselves, our own mind.

As for the others, the negative guys, because of whom we nurture doubt (but we also doubted ourselves because we were also energy negative), we now know where to

place them, we know their proper place, and need doubt less and less. We know more, we are self-assured, sure that we shall keep understanding more and more and better.

We already OBSERVE that it is so. That we have started to understand people, relationships, situations we have not understood for years, all our life until now. All that exhausted us, tormented us, persecuted us. We now OBSERVE that things have started to unravel, that we are beginning to understand, that we are less and less confused, that we are more determined.

OBSERVATION is a wonderful way of moving forward. It gives us arguments that we are no longer on yet another sidetrack, another blind alley. And then we need no doubt – the doubt that was a useful crutch while we were energy negative.

We no longer need any crutch because we can walk with our own legs, and run, fly...You have already felt that.

And when you run into a difficulty, when negative energy sets you back three steps, doubt grabs you again. Obviously, because it is the expression of negative energy. But when that happens, don't wish to BELIEVE anyone or anything. BELIEVING is only an aspirin for doubt (and the other way round). It does not cure, but it hurts less. But you don't live on aspirin. Therefore, REMEMBER, when the old grouchy doubt calls again, that you are already capable of UNDERSTANDING and that you need to understand what's bugging you.

But in order to UNDERSTAND you must indispensably be ENERGY positive. This is the essential condition. So, do what you need to do in order to get energy positive ("black sheet", "merry magic"), then start thinking, and you'll understand. If not right away, define the problem clearly and, if you maintain your positive energy assiduously, understanding will appear soon, or maybe not so soon, but it will appear.

Therefore, doubt and belief were the lifebelts meant to save you from the stormy sea of negative energy. But you can't drown in the stormy sea all the time, even things more efficient than a plastic belt can't save you – and that was our "fate", that was our life.

Now they are replaced by CURIOSITY and TRUST.

Or CURIOSITY and UNDERSTANDING.

Along with TRUST in your capability of understanding.

This is no longer a lifebelt. It is a pair of mighty, beautiful wings.

I often publish variations on this topic:

UNDERSTANDING IS POSSIBLE ONLY AFTER WE'VE BECOME ENERGY POSITIVE

For that is the basic MEANING, ESSENCE and GOAL of positive energy. When you UNDERSTAND, you are not a vegetable you are not a rabbit. It is only then that you are a Human.

And it is only then that you can be HAPPY. Not before.

Stay alive and kicking!

May 29, 2008 0:56:03 | [mona]
I am a beginner as regards chakra spinning, and initially I felt, during a very short period, that some situations began to move in a positive direction (things were better on my job, relationships in the family became more reasonable, love all over the place), and that reinforced my wish to continue observing how all that mentioned in the book can successfully be applied to me as well... I also cast the black sheet but... after a month I have lately begun to feel a terrible pressure in my head, something like a negative charge thrust upon me - and spinning and casting the black sheet only momentarily clear my mind. Why is that happening? And why the turn? Does my anyway higher sensibility now feel more easily all these negativities in people ever since I started spinning the chakras, or am I becoming paranoid? I would like to understand all this and somehow relieve the pressure I'm feeling... Thanks a lot! Bye
May 29, 2008 1:48:16 | [lyra]
Thanks for the answer, Serena. This is my progress report.... some three or four weeks have now elapsed since I started to spin my chakras. At first, as I said, it was – as most people would say – like a honeymoon. I felt alive again, got up in the morning rested after a good night' sleep, my good mood returned, I sang cheerfully as I played music, I did not feel so cheerful for a long time. But last week, total drowning, the symptoms of depression returned (I had been depressed for a long time, I have fought this for years, and returned among the living only in the past few months). That is, I feel the beginning of depression, but today I finally accepted the main reason why the blues hit me and why it was so easy to escape into depression. I admit I was skeptical about chakra spinning although it matched everything I had known about energy and the field. But that's the way I am, I must constantly reassess things :) I am continuing, as you said yourself, and it takes persistence and effort.
May 29, 2008 7:43:01 | mindpositive

Mona and Lyra, what happens to all the rest is also happening to you. Everything repressed in the subconscious surfaces, and must be ejected through energy work and gradual understanding, released from the mind and the body. This is why you again feel the symptoms of depression, and are now treating them with energy work. You are becoming more sensible and aware that others hitch onto your negativity by resonance. All that also happened before, and you repressed it into the unconscious as long as you could, but the result was depression. This means that your condition did not deteriorate with respect to the period before the reading of *Geometry…*, i.e., before the activation of positive energy.
However, without thorough and persevering work even positive energy cannot help you to deal at once with what has accumulated over years, ever since you were born. You have already understood all that, and you have also understood that you need to focus on energy and understanding, persistently and consistently.
Read the posts and the comments published over the past year. We have clarified all that to a considerable extent. This will help you in understanding and in mastering the details of energy work. That way you will grow after crises instead of sinking deeper and deeper. That's the only way when crises occur, through changes of relationships with all the people around you. Energy work will give you the strength for that. You are now in a phase in which you are beginning to understand your life but you are afraid of fear. Psychotherapists are familiar with this phase. Sensibility to energy increases and that is why you are becoming aware of these conditions – they are real, they are not paranoia.

When you get out of a crisis and, therefore, of the attendant energy negativity which affected you for several days, you will gradually understand how the crisis – release cycle looks like. It will occur again, but you will know how and why, and you will begin to feel that you are learning crisis management. The knowledge that the crisis has a foreseeable course, and that you can manage and relieve it though energy work, gives you strength to continue.

May 29, 2008 7:56:07 | mindpositive

Let me mention, very briefly, something that regards everybody. The two major problems in the work we are doing are the following:

1. We are lazy when we have to observe energy symptoms and apply the "merry magic", especially the "black sheet", approximately every hour.
2. We don't want to radically change our relationships with people, we are afraid of that. In this regard we are *GREAT* OPPORTUNISTS.

There will certainly be comments and observations with regard to this, and then to my posts as well.

May 29, 2008 10:45:16 | [Spark]

Serena,

1) yes,
2) yes,

but the fact that I'm aware of all this does not make the job easier. But no pills will help.

May 29, 2008 12:06:24 | mindpositive

Quite right: no pills will ever help :)))

May 29, 2008 12:23:24 | [leeloodesign]

I have felt for several days the need to write something about my development and momentary observations.... but, of course, I can't make it.... maybe I will be somewhat lengthy, but can

freely skip me if you don’t feel like reading :)

So... I started doing the merry magic last summer when I had my second artificial insemination session .. it helped me a lot, really, in the period of waiting for the result and saved me from going mad... the previous time this “to be or not to be” mentally crushed me altogether ... and as I said two months ago I gave birth to my precious girl ... to Mila...

During most of my pregnancy I practiced the merry magic and in spite of my years my pregnancy was such as I could wish everybody... sometime in the sixth month I read somewhere that it was not recommendable to mess with energy while the baby is in the stomach and so, after consulting Serena, I stopped before birth...

During the first months after the birth of my precious I really had neither the time nor the will for merry magic... (and my mother who came to help me during the first period took abundant advantage of that)... now I have again been doing the merry magic regularly for two weeks, I cast the “black sheet” and really, but really I feel great... the baby is mainly OK... it has different phases in pauses when she is dry and fed, but since this is my first child I am not sure whether this has anything to do with negative energy or are babies just like that... I’ll probably understand that in time...

Furthermore, I have some dilemmas regarding the black sheet... I feel a little uneasy when I cast it over the baby... black, and a sheet on top of that... I can’t relax and visualize what I am doing with myself and others... when I cast the sheet over my family (baby, husband), that should mean I am protecting them from negative energy of other people, my own negative energy included, don’t I?

Dilemma No. 2: I recently had a very bad and painful experience with a friend, and whenever I remember that experience I have a fit of rage, I cast the sheet over myself and over her and then calm down a little... since she is very far at present, does this have any effect?

Sometimes I sink into a negative phase; I am not unique in that respect, but sometimes I simply can’t get out of it... I even feel some kind of pleasure in “being” there and I keep delaying the merry magic, although I know that is all very very bad... does anyone have a similar experience? (to be continued next time, the baby is calling)
....
I attend *We Seek the Truth* seminars (themes: wounded child, trauma, rage, emotional blackmail). Lectures and group meditations helped me to understand myself, my immediate environment and my own life. In the meantime I am discovering the merry magic. In the merry magic I discovered at the energy level what I experienced during group therapy through new knowledge and attempts to release repressed feelings. Our consciousness resides in every cell of our body. Pain, fear, negative emotions we can’t face, they are all “packed” in our body – these are sites of cramps, blockades, sickness. By becoming aware of the repressed we acquire insight and get rid of physical cramps. I got the feeling that the merry magic was a faster way to reach the same goal. The seminars I refer to rely on psychology and theology. The merry magic relies on quantum physics (science) and Serena’s personal experience. Correct me if I’m wrong, Serena.

Dou you also see the link between the “seekers of truth” and the merry magic?

May 29, 2008 20:59:09 | mindpositive

Nataly, this antagonism toward the “black sheet” is a blockade in your head, because all the observations, my own and those of the other people here, say that it is efficient and beneficial for everyone, especially for children. We have written a lot about that, both in the posts and in the comments. And you see what you can do for the time being. Little Mila will benefit greatly already when you cast the “black sheet” over yourself, the grandmothers and grandfathers, and people who come to visit you. If you are not convinced of that in your mind and if you don’t accept that the “black sheet” is the right thing, I don’t see how it could be efficient. OBSERVE and come up with something. Quoting you, “what I am doing with myself and others... when I cast the sheet over my family (baby, husband), that should mean I am protecting them from negative energy of other people, my own negative energy included, don’t I?”

The answer: YES

More accurately: YOU ARE STOPPING THE NEGATIVE ENERGY of all those people.

Female friends are mainly a “nasty thing”. The fact that your friend is far away somewhat reduces the energy transfer, but judging by your rage the matter is still very ENERGY active. Whenever you think of her, with or without rage, immediately cast the ”black sheet” over her and over yourself, and stop thinking of her. Just as negative energy reached you from a distance, you can also stop it at a distance.

Observation No. 3 about how you enjoy being negative is a very fair and candid observation, and that can’t be done without a specific dose of positivity. What is essential is being sincere to ourselves, and then we can deal even with the worst thing. As you said yourself, you know that this is not good, so I have nothing to add.

You have already described quite well the difference between this seminar of yours and similar seminars on the one hand, and the energy propositions of *Geometry*... on the other. I also describe the psychological level but that level, in the light of energy-related causes, often has drastically different interpretations and, consistently, different ways of dealing with things. At such seminars you get some psychological terminology, and that’s good, very good. These seminars are a cheaper and more superficial variant of individual psychotherapy that only the rich can afford. Often spiced with some spiritual endeavors. The best psychotherapists described, for instance, in Woody Allen movies or the Sopranos series, don’t achieve much with their patients/clients, and neither do such seminars. Nevertheless, I appreciate them as being very useful because many people attending such seminars never had an opportunity to get information on fundamental psychological laws at school. But are the instructors at such seminars really qualified for what they are doing? That’s a different matter. Knowledge of psychological categories and relationships is really indispensable, it is a part of the general culture minimum, though that is most often not the case in the educational system.

May 29 2008 21:51:13 | [Pyramid]

Hi everybody, and especially Serena.

I’m interested in two things, maybe we could ponder on them and have our own answers, but I’m interested in hearing Serena’s answer.

If I have company and cast the sheets, can I imagine myself to be constantly under the sheet,

occasionally spinning chakras under the sheet, or is spin of no use when I'm under the sheet because I stop energy.

May 30, 2008 8:03:40 | mindpositive

Pyramid, chakras do not spin under the "black sheet". The meaning of the "black sheet" is stopping negative energy. Whether we activate negative energy or are forced to do it by somebody else, it has to be STOPPED. WE ALSO NEEED TO STOP THE NEGATIVE IN OURSELVES. It is only then that we can activate the chakras. Without STOPPING OUR OWN NEGATIVE ENERGY we cannot move the chakras even CLOCKWISE.
You can't stop your negative energy and activate your positive energy AT THE SAME TIME.

This is the essential point, which you obviously miss in conceptual terms – the point that we also contribute to negativity and participate in it. It does not only originate from others. And your idea about spinning chakras under the "black sheet" implies just that, i.e., that you are not negative but that negativity drops like rain from the sky, and everything under the umbrella is dry, You see how wrong this is. You did not understand the activation of negativity in relationships according to the resonance principle. Study ordinary resonance in physics. Resonance happens between two vibrating bodies/objects having the SAME FREQUENCY. This means that you and the person vampiring you have the same NEGATIVE frequency. And that is why all that must first be STOPPED. When negative energy is stopped, the "black sheet" is no longer necessary, and the chakras can be activated in the positive direction.

Your idea about spinning chakras under the "black sheet" derives from what you read before about shields and protections allegedly defending us. These "protections" do not include the activation of positive energy; there is only "protection", but that serves no purpose. Moreover, such "protection" cannot function because it is based on a wrong, i.e., untrue concept of reality.

May 30, 2008 0:27:21 | [Mona]

Thanks for the answer, Serena! It is really miraculous how all these things emerge from the unconscious by spinning because I am just noticing my negativities which I thought I had dealt with... I convince myself that I must have nevertheless suppressed them somewhere deep and that the real effort still awaits me! What makes matters worse are the returning doubts and fears which create confusion in my head. So I can only go on with "spinning", there is no other option.... Regards to the team and especially to special Serena;)

May 30, 2008 18:05:46 | mindpositive

You observe and draw conclusions quite well, Mona. Many of us have tried to develop into a better person. We used the knowledge of psychology, spiritual perceptions, everything accessible up to that point. True, we achieved something. Yet, we were not satisfied. Rightfully, because we saw and "treated" only the top of the iceberg. But such work prepared us for the next stage of perception, the perception of ENERGY. So we started to deal with that, too, but again we were not satisfied because the first perceptions of energy we obtained from different sources were not correct, or were partial. We knew that, again through the dissatisfaction with results, meaning also the continued dissatisfaction with ourselves. So we kept reading new books. I then "ran into" *Geometry…*, you ran into *Geometry…*, and now we carry on. All that work until *Geometry…* was a good preparation, steps on the thousand mile road. *Geometry…* is just the next step. But it needs to be implemented thoroughly. And then we'll se what to do next

53.

Saturday, May 17, 2008

ABOUT THE „KIND-HEARTED“ AND THE „BAD GUYS“

Learn to recognize energy

There are vampires who vampire unconsciously, but there are also those who know quite well what they doing, says Butterfly, and adds: *Under the imagined sheet I saw her face and the glowing eyes with which she looked at me furiously without batting an eye.*

Don't wish to see too many pictures with your inner eye. Pictures are very inaccurate information and with the wealth of their inaccurate (or misinterpreted) details, can lead our thinking toward a totally wrong direction. Feel and observe energy with your body and mind, primarily in the black-white way: I am comfortable, my body and my mind are light, my mind is clear (and the other way round). All the other interpretations complicate your life and lead you off the proper path.

Here's a comparison between two persons. Both are active vampires. One is an ordinary, average person, showing no negative emotions (which doesn't mean that the person in question has none, i.e., the person certainly has them, but deeply repressed in the subconscious), can be nice and kind-hearted and – suffer from a chronic, severe and incurable disease. The other is a grumpy individual, knows how to lie, has to dominate, must be right, a pain in the ass all the way.

In energy terms their relation toward the world is the same – they drain the energy of all people, to the point of pain. They are very different persons. They are not at the same spiritual and intellectual level and, finally, the one who seems a better person even suffers from a serious disease.

Both the persons are active vampires, but at the level of behavior and the psyche they have dealt in different ways with the problem of the lack of energy (when they are attacked by vampires). One was more inclined to repressing aggression inward (while he could), and when he became ill, he could not do it any more, while the other pushed aggression outward. Therefore, they molded mental aggression observed through behavior in different ways: one did not show it, the other did. These persons have a different psyche, a different character.

The averagely nice person for a time turned aggression inward and was not, then, an active vampire. However, he could not hold out, in ENERGY terms, and eventually also became an active vampire because he destroyed his body, spent all the supply of positive energy and – began to vampire furiously.

At the level of psyche these two persons dealt with the basic life problem, the constant lack of energy, in a different way, but ENERGY-WISE the end was THE SAME – both became active vampires.

In one moment the ENERGY AGGRESSION of both these persons, so very different, against other people became THE SAME.

So, if you are a relative or friend of theirs, you will experience them very differently through their behavior, but in energy terms the situation will be the same – both drain your energy in huge quantities.

And now you cast the "black sheet" over the pain in the ass and see "the furious face and glowing eyes", which is probably a fairly accurate information. Maybe you will never cast the "black sheet" over the sick and kind-hearted "normal guy", and you'll make a mistake. Or you will not see, with your inner eye, the "furious face and glowing eyes", which could maybe be accurate but – inessential as well.

What do I want to say? Concentrate on the only essential thing – in communication, concentrate on how you perceive, in energy terms, a person with your body and your mind. Establish whether you feel (or don't feel) physical and mental fatigue, nervousness and/or pain in contact with a specific person. Forget the pictures.

Forget them because the pictures we see with our inner eye can be deceiving and difficult to interpret, at least for as long as we also have lumps of negative energy in ourselves. Thus, very clairvoyant people such as Barbara Ann Brennan and Lazarev (whose perceptions gave me some key ideas for my discovery), also remained prisoners of the wealth of pictures they saw with their inner eye, and did not understand what they saw under their very nose, what they most probably saw with their inner eye as a picture, and that was – the difference between negative and positive energy. They did not understand that there are two kinds of energy. They had the picture before them and did not understand it, though they wanted to. Because they were carried away by pictures. (I liked Lazarev, and most of all I appreciate his honesty because he states, quite freely, that he does not understand the essence and that he couldn't help himself either).

So, don’t surrender to pictures.

And now let’s come back to Butterfly’s question:

There are vampires who vampire unconsciously, but there are also those who know quite well what they doing... And what now? We are trying to turn the negative into positive, but what about those that consciously chose the negative?

Some people are partly conscious that they are a pain in the ass, but hardly anybody knows that he/she is an active vampire and how much evil he/she causes, because the idea is unknown (with the exception of the readers of *Geometry*…). Such people probably think they are behaving righteously and rightly.

For us there is no difference at all whether a person vampires consciously or unconsciously, whether he/she misbehaves consciously or unconsciously with respect to other people. Namely, as we have seen in the foregoing example, many differences at the manifestation level are not real differences at the energy level; in ENERGY terms they are even IDENTICAL. Therefore we shall not be shocked by the behavior of other people, and will not seek justice because nobody has nominated us to judge others.

And what is important to us? Get away from people draining our energy, that is important. In all the ways described in *Geometry* and on this blog, and not only physically.

After all, whenever you feel like judging anyone just remember that each of us was until now a smaller or greater vampire. And even now you are still working on not being one. Just remember, because I mentioned the matter, that even when you are very energy positive you can still waste away into negative energy if you are not very careful, and you can’t be very careful all the time. Whenever you strain to reach something above your momentary potential – when you climb uphill without rest, exaggerate in the gym, learn like a maniac at home, when you want to clean and wash everything in your house in a single day no matter what it may cost, when you knock yourself out on your job in order to prove that you’re the best, excellent, praiseworthy... you are vampiring somebody. It’s just that the ‘somebody’ can’t tell you (because he/she has not read *Geometry*…).

Don’t experience energy-negative guys personally. Just take the proper attitude. Pull away. Or give them information on positive energy if they are at all interested.

And remember that even the most wicked person in the world fights – for love. In his/her own stupid and evil way. This doesn't mean that you have to be his/her victim and that you have to stand him/her in any fashion. No way! Not in the least. Repeat, no way, not in the least. When you bear without resistance any kind of domination, not to say mishandling, you also bear the responsibility for it. However, without positive energy you have no mental strength to put up resistance. And then you regularly vampire people weaker than you.

So, pull away, break that relationship, don't waste your life on him/her because that would be in vain. In most cases that is the only thing we can do.

Let us not judge or condemn. Especially if we have decided to stay in a relationship which we experience as a burden. As Nera said, "I just have to fix my attitude toward injustice". I am not advocating moral relativism. But justice is often much deeper than our criteria. Let us try to behave justly and rightly, in accordance with our own principle of justice, which will develop even more with positive energy. We can do that. I consider that we also need to do it. Therefore, we behave justly toward others in line with our understanding of justice, but we don't judge others in terms of a criterion of justice but in terms of the much easier category of "liking". If we don't like somebody's relationship with us, and we are entitled to that and don't have to justify our position in this regard, let's pull away without any condemnation and search for justice. Or let us give positive energy our very best if we want to keep the relationship.

And, a point totally unrelated to this text – don't take children along when you are visiting patients in an acute crisis, whether at home or in a hospital. Especially if they are old and very sick. Let them be the very dearest grandma and grandpa, in such a situation they are – in energy terms – like black holes in the universe. If you must pay that visit, apply the "black sheet" every three minutes and leave after six minutes. Even if their character is good, patients in the acute phase of a disease are murderous vampires. When they are not in an acute phase, they vampire only a little less. Thus, all patients are "contagious". Energy contagious.

Stay alive and kicking!

May 17, 2008 17:16:20 | [Haloefekt]

Serena, I have to admit some of my naive conclusions before *Geometry*, so please tell me whether this is in line with what you said:

1) There are people who are OK and nice, but tiring;

2) I don't like hanging around with people who expect or want something from me, although I think that is at the root of everything, even if it never enters one's mind;
3) doctors and hospital staff are not pleasant company, even if they are socially alright;
4) I have always found funerals and hospitals (patients) deadly (not emotionally at the sympathy etc. level);
5) There are vampires in most social and public services (of the type described in today's blog);
6) Even the mere thought of vampires or active consideration of them and their deeds and behavior have an effect (therefore, avoiding them is the only way out).

I may have been boring in this recapitulation of my experiences, but I simply couldn't control myself.

May 17, 2008 18:01:02 | mindpositive

All your statements are true, Haloefekt. I would only like to add one comment for the medical staff – they are in continuous contact with sick people, that is their job. Sick people are big vampires. That is why everybody looking after them has an extremely difficult job. I think that, speaking across the board, brusque doctors are the best doctors, because brusqueness is their only defense of their integrity and helps them to maintain their concentration at work. And we all love those who are supposed to caterwaul over us and cry with us, or, more politely, sympathize. Let a person dear to you pamper you, don't expect doctors to do that, that's not their job. Medical staff carry an appalling burden without knowing it. We need to take our hat off to them, always. And whatever their salaries or wages, they are too low.

May 17, 2008 19:20:39 | [leeloodesign]

Hi, here's me, just briefly... I read you regularly but find no time to write... my precious keeps me busy night and day:)

Haloefekt stimulated me to write a wee comment since a moment before reading her comment I thought I had the feeling that I had always known some things and that Serena now molded them, gave them their proper name and put them in their proper place...

Unfortunately, I have no time for doing the merry magic regularly because even when I find a minute and start doing it, I mainly fall asleep because of fatigue...

... is there a minimum merry magic I ought to do when I find a minute during the day in order to avoid vampiring my daughter...

... maybe if I set a daily numerical merry magic goal I could manage to do it for a longer time than now...

Love

Nataly

May 17, 2008 18:05:24 | mindpositive

Nataly, do the merry magic every two hours. In your situation anything less is mere play and not a serious effort, and even that would not be enough. Devote five minutes to it. As a result, you will see, these five minutes will turn out to be a very good investment because you'll manage to do much more and, moreover, will not be tired. Don't do the merry magic lying down but sitting on a chair, and that way you will not fall asleep. If you follow us, you have seen the addition to

the technique in the form of the “black sheet”, so use it adequately.

May 17, 2008 18:05:24 | gingo

... today’s post was vividly clear and specific, it explained a new type of people to me, and I have the feeling that I found myself in them. Work, dear gingo, work, you’re goofing off...

May 19, 2008 7:21:51 | [Nera 8]

Here are some good news. Things are surfacing in my family and are being resolved since they remained camouflaged for seven years. As you said, things have started to unravel without major effort just by themselves because the flow of positive energy has a goal.

May 19, 2008 9:24:39 | [leeeloodesign]

yes yes the black sheet is a new wonder which I started to apply... wow, what a peace reigns under it... I have a few questions regarding it, I probably have not read all the comments carefully...

if I understood you well I can cast it over myself at any time or only when I’m surrounded with people, and then cast it both over myself and them?

can I cast the sheet over the baby as well for protection, or not?

Love

Nataly

May 19, 2008 8:50:24 | mindpositive

Nataly, the answer to all your questions is – YES.

When your baby is restless, in addition to the usual procedures (feed, change) apply the “black sheet” over her and yourself. And follow the result, and let us know. I have always used the “black sheet” successfully to calm small children easily and fast in very many cases, and several people reported the same experience with their children on this blog. Therefore, everybody has positive experiences with positive energy and the merry magic, and the “black sheet”, when used with children. Nobody has reported a negative experience. I want to highlight that. We are most sensitive when children are involved, and it is therefore essential for us to have as many examples as possible on the effect of positive energy and of attendant techniques on children. You seem to need additional persuasion in order to convince yourself about all this, and a triple repetition; and when all this is written in the article, you seem to think that it does not refer to you, so you ask me to repeat, to you especially and personally, something I’ve already repeated five times in my articles and comments. This explains why you find the teaching and practice of positive energy so difficult. You kind of leave the impression that you have understood the message, and yet you are totally undecided in applying it – all this goes to show that your negative energy (and the negative energy in your family, obviously) is very, very strong. The only thing that can deal with that is the merry magic, often and even more often, but it seems this doesn’t work in your case. Have we closed a vicious circle? I hope we have not...

May 19, 2008 11:40:30 | [Butterfly]

Extraordinary report (in the post)! Thanks. My problem is indeed unmanageable imagination and a heap of insights. Such a clarity of perception introduces order into my inner world. In my experience, there are vampires and “prize” vampires. “The tree of life blooms only for the joyful”. I am protected when my energy is positive. When my energy is negative, I am on the vampire menu. I learned that on my job. The top vampire (my boss) always tries to streamline you, at the start of communication, to her vampire needs with violent, offensive and like behavior. As soon as you sink into a bad mood she gets going with an incredible spiel and looks extremely pleased. Otherwise she sulks and seeks a victim to attack. Humor disarms her most. It

simply kicks her out of her vicious circle.

May 21, 2008 7:35:04 | mindpositive

As Bee said, “before I was losing my bearings in a mist of life and could float divorced from reality for days, since I started doing the merry magic, happily this does not happen any more”. And then, here is a conclusion of an aware truly mature person: “It is great when you – in spite of all the negative people around you (and in you) – nevertheless remain true to your goal – the positive in every respect.”

I know several persons who started doing the merry magic and concluded: “This is so tiring and it alarms me. This is an exaggeration – the ‘merry magic’ every hour or two, and then the ‘black sheet’ every moment. There’s no point in exaggerating in anything. Now that I have stopped doing the ‘merry magic’ and the ‘black sheet’ I again feel good and satisfied”. And they never noticed anything BEYOND THEIR MOMENTARY PLEASURE. And that momentary pleasure is due to their having returned to their old habit and started to vampire their immediate environment. The active vampire has learned that this is – pleasure. In this way he/she has again activated his/her NEGATIVE MIND, AND WILL STOP NOTICING EVERYTHING, especially the adverse symptoms of the people around him/her. When he/she also begins to feel poorly in one way or another, and that happens very soon, HIS/HER MIND IS SO NEGATIVE that he/she has FORGOTTEN everything he/she knew from the EXPERIENCE OF POSITIVE ENERGY, and then starts to make up “OBJECTIVE” reasons why matters develop poorly, why he/she also feels bad as do the people around him/her. In particular he/she does not want to understand that he/she has again surrendered himself/herself to his/her vampire because there’s always someone higher. To my regret, I have seen quite a few times such a development of events in persons with whom I used to have a close relationship.

Although we might say, looking at these people and knowing them, that they are RESPONSIBLE people wishing others well, now – from the ENERGY angle – it is quite clear that they are not responsible at all. You can see that negative energy has nevertheless damaged them so much that they are not capable of noticing anything beyond their pleasure, and that is usually called selfishness. It is also evident that they are TRULY INCAPABLE OF UNDERSTANDING POSITIVE ENERGY. And they lack the wonderful qualities called persistence, endurance in spite of momentary troubles, genuine understanding.

I have described that for people who might be affected by a momentary crisis or doubt, in order to help them, with this description, to recognize such persons and get the better of them with the last flickers of positivity. We can always decide this or another way. And can always rise again after the fall.

May 21, 2008 23:10:41 | [name]

Well, I still owe a report, since that is the custom...

Now, when I start to cast that ‘rug’ [the “black sheet” – S.A.’s note] over myself it often flies off like Marilyn’s dress fanned from below. This means, then, that I can’t stick the sheet on a person, on myself. It does not work. And I often find the creation of pictures almost impossible. Of course, it can be done in some conditions, but that’s the prevailing effect. I don’t have to explain how I often feel, what kinds of conflicts I face, and the rest... And, what is particularly interesting – one can live that way. What the devil?

I can still add some things, but let it rest... [comment reduced to 10% - S.A.’s note]

May 22, 2008 8:16:31 | mindpositive

Ah, ah, ah, Name. You have gone to seed again and become so very, very mixed up. Read, but not just anything, that may also be a source of negative energy. Feel which books provoke negative energy and drop them. We said that thought, human thought included, is the most powerful force in the Universe. And that negative thoughts create negative energy. And where do we find most thoughts? In books. Are you capable of understanding this? Work in an energy-deliberate and systematic way and think less of stupidities. OBSERVATION of yourself is the best grounding. You definitely need grounding, sobering down, the feeling of reality.

You don't succeed in casting the "black sheet" over yourself because you are very negative. You DON'T WANT to give up an aspect of your negativity. YOU DON'T WANT TO UNDERSTAND YOUR BASIC PROBLEM. Just don't want to. I don't know what is your problem. Understanding it is your job. You just circle warily around it but you don't want to tackle it. That is one of the basic features of people seized by negative energy. On the other hand, you have understood the basic propositions of *Geometry…* and you are now split into two opposed halves in yourself.

May 23, 2008 9:30:17 | [Bee]

If I may comment, Name, and I will... If anything life has blessed me with incredible stubbornness and I have learned how to use it to my own advantage... why should it work against me when it can work for me? The choice is up to us, and it seems that you even enjoy a little the eclipses of your mind, that they "feed" you in a way. I have experienced all that and I know what it looks like. Life has never pampered me, never indeed. With a father that was never at home and a Hitler-type mother ... do I have to add anything? But we can all return to that light that exists in all of us, get to work, stop complaining and seeking frustrations and the negative, stop dabbling in the dark. Truly, it's up to us and in us. And if you would rather torment yourself and seek causes outside, that's again your choice. And, again, only you are responsible for that.

More work, less dissection and less brain racking.

And, as regards the visualization of the black sheet and chakra spinning... Often I can't see the black sheet as a black sheet, often I don't see the chakras either, but that does not confound me, I just tell my mind OK, I don't see it, that doesn't mean that it is not there and that it does not work because I know that it does. So, regardless of whether I see them or not, I nevertheless cast the black sheet and nevertheless imagine the chakras spinning although I don't see them, I feel them, and they spin. The mind needs to be trained like muscles... a tiny negative mind is not going to be stronger than me as an integral being, is it?

May 23, 2008 14:04:11 | [name]

Thank you, Bee, thank you too, dear author. I have no doubts what the two of you are talking about (though I often do ;-)), and this seems to be a constructive path, but I often take the liberty of observing things from other vantage points, because that has given me problems but it has also offered a broader and more complete picture of the state of affairs.. I am not departing from some methods I find to be useful until I find a more useful method. I inquire, test, check, investigate... I dare ask what may not be done, what route may not be taken, question the unquestionable etc. That's the way I am. And I keep asking, how to stay dry under a shower? Thanks, girls. Don't you dare think that way Bee ;-)) Your optimism is so contagious and I admire you comments. Every word in its proper place. Bravo!!!

May 23, 2008 18:27:07 | [Bee]

Sorry, Serena, I will no longer stick my nose where it does not belong :-))) But sometimes I just can't resist the temptation.

May 23,2008 15:29:54 | [Haloefekt]

I think that the problem with the casting of the black sheet is best described as doubting the black sheet as such, as a means helping and functioning in changing the state of affairs...

May 26, 2008 10:38:29 | [Butterfly]

When I spin my chakras, why do the cones "warp", or why does everything lean on one side, as if they were made of rubber (as when you are dizzy, when something apparently pulls you to one side and when you try hard to keep your direction)? When I feel that the chakras are spinning well, they are "straight", "narrow" and "glowing". What happens when the cones are "drunk"?

May 28, 2008 | mindpositive

Butterfly, when you see with your inner eye that the chakras/cones are "drunk" and don't have the proper form, this means that someone with negative energy is disturbing you in that moment in your activation of positive energy, i.e., spinning chakras clockwise. In such cases, the only necessary action is putting the "black sheet" over yourself and over the person(s) you suspect of disturbing/vampiring you. Wait for a few minutes, and if you feel – by the relaxation of your body and a spontaneous sigh/deep breathing – that you have broken off your contact with negative energy, start moving the chakras. If you don't feel any relief, place the "black sheet" over another candidate in your vampire collection. And then, after a shorter time, try activating the chakras again.

54.

Monday, May 12, 2008

High frequency and auxiliary chakras

Jasna has seriously focused on measuring the frequency of her energy, so let me write something about that. Interestingly, in a month Jasna progressed from zero frequency to a, 10^7 frequency. Even taking into account possible and even gross inaccuracies this is very fast growth, much faster than in my case. This confirms by assumption that you can all progress much faster and easier than me. Why?

Since you have very precise information on the goal, you have extraordinarily precise information on the technique, you have information about possible problems and on how to deal with them. And I had to discover all that, check everything, learn on mistakes,, and check and recheck again, on a great number of people in order to avoid being subjective. The concept of positive and negative energy occurred to me much later, and without it the understanding of anything would be difficult. When you don't understand the essence, finding your bearings is difficult... I was really in a thick forest, all alone and lost.

You need to understand well what I wrote, be disciplined and persistent in your energy work, and understand yourselves. And then you can always compare that with examples in *Geometry*... Believe me, in relation to me your job can't be easier. I know you find it quite a job, but when you get lost and start to give up, think of how difficult this has been for me... and you can nevertheless see everything I have achieved, from the book onwards. You can see quite nicely I managed to extricate myself from that forest.

But let come back to Jasna's questions – I don't know which frequency could be the human maximum, and what are the possible differences between people. But that is not important at all.

So, what is important, then? It is indeed important to have a high positive frequency. And it is important to have the lowest possible number of encapsulated negative "lumps" in your energy field. These are the negative frequencies transmitted to you by your ancestors as a relay hundreds of generations backward. (I wrote about that earlier). Because these encapsulated negative frequencies remain even when your aura, i.e., your energy field, has a very high positive frequency. When they begin to resonate with the negative frequency of your relatives or friends, they degrade your total field to zero or, if you let them do it, you become totally energy negative. Although you could have been positive to the 350th power. Moreover, every fall into negative energy is extremely unpleasant as a subjective experience, as you can already observe quite well, it also disturbs your progress, i.e., the growth of total energy, the growth of the frequency of the entire aura. You are unstable because of these "lumps", unstable and insufficiently harmonized.

Nevertheless, when your total field is so highly energy positive, you will be able to return to your high positive energy level more easily. In your initial merry magic endeavors focused on returning to the positive you may need several hours, even a few days; but when you are at high positive frequencies – even if you can splash back into negative – you need only a couple of minutes for return and regeneration. Some other hitches are also possible, but we'll talk about that in due time.

My positive frequency still grows, but at a slower rate than before. Therefore, it is important, even crucial, to get rid of those negative "lumps" which you mainly inherited and then reinforced with your vital experience. You keep these "lumps" in sites where something hurts or in places where a disease has been diagnosed (and that is almost always painful). Now the auxiliary chakras take over the main role.

Install a couple of auxiliary chakras on such a site. The same double chakra, i.e., double cone (later, when you master the cruciate tridimensional chakra structure, that form is used), only on the painful/sick site. Apply the same spin clockwise. In order to achieve a noticeable result you need to treat that site continuously for half an hour; if you have the time and the will, you can do it even for a longer time, there is no upper limit.

And that is truly TREATMENT. The only true treatment in the world. Treatment at the quantum level. Treatment of the qwuantum spin.

The treatment also has to be prepared. You need to be sure that no vampire has hitched on to you at that moment, and then stop negative energy of all the persons vampiring you at the moment, and, of course, your own negative energy, with the "black sheet" (i.e., the "press", if you use it), and you will feel calm and breathe normally. Then spin this auxiliary chakra. Following intuition, visualize several times the spin of the main chakras as well in order to maintain the balance of the entire energy field.

Balance, harmony – high important concepts, known already to the ancient Greeks. At any level of our being, in everything we do, think, say, feel.

One thing is sure: one treatment by activating the auxiliary chakra will not deal with that negative "lump". When you again feel pain in that spot you will know that things are not over. As long as you feel pain in the same spot you need to repeat treatment with the auxiliary chakra in the same spot. For as long as it takes, there are no rules. Some cases can be solved over just a few months, and many require several years if you are already in mature years. These are spots regularly attacked by your vampires and through which they invade your system. A long time ago clairvoyant people called such spots "holes in the aura". (This term appeared in literature more than a hundred years ago, and its picturesqueness misled me once when I was trying to solve a problem. I shall talk about this much later; at this point I have just highlighted it as an example of how the visualization of pictures, picturesque expression can be a problem when we are at the energy level). Such pains can help you to identify the vampire(s) attacking you in that specific moment. Usually each has its "his/her" own site, his/her own "hole" in your aura, as a kind of specific signature. Though several can be present on one and the same site. It took me a long time to discover such a detail, and it can save you a lot of trouble and time. Usually the vampires attacking us on the same site (the hip, the thigh, the shoulder, the stomach...) are bound by something. In most cases, that refers to their having a diagnosed disease on the site, and they will tell you their diagnosis without

being asked for it, because you need that information and someone is presenting it to you (learn to be careful, learn to OBSERVE). Such information must be noticed and connected. You will feel that their attacks are more frequent, stronger and more unpleasant when they are in the acute phase of their sickness.

Jasna only recently called in on the blog. For reasons unknown, she focused right away on the measurement of frequency because she understood that INCREASING FREQUENCY is a very important goal. Her understanding immediately followed the logical sequence – auxiliary chakras. Auxiliary chakras are important indeed in the process. Although I have already written about the subject, there's never enough repetition so that you can notice, think it over, try, and then observe and understand. And, yet another important conclusion – regarding the importance of this blog and your participation in it. Each of you can notice a specific level of the theme and stick to it. And there are several levels, and many aspects. Who knows whether you would notice these other important moments on your own. Then somebody on the blog starts to ask what you have not yet observed , and gets you interested in dealing with that, and so you go off, farther and much faster than if you were along. Now we have repeated in even greater detail how important auxiliary chakras are, and why.

Stay alive and kicking!

May 13, 2008 9:28:59 | [Bumblebee]

And now how about stuffing yourself with painkillers. Now I will gratefully accept my pain which is my ally in reaching life in the True dimension.

P.S. Is the case the same with emotional pain? When do I feel an unexplainable sadness...? Then it must be the same, i.e., an energy hole, it only differs in terms of the body on which it is manifested. Where would the auxiliary chakras come in that case? Intuitively, my answer would be the heart. Or?

May 13, 2008 9:45:58 | [Jasna]

Thank you for the answer, dear Serena, in post form. Yes, I had the impression that the growth of frequency or energy is important, because I began to notice the link between my actions during the day and growth or decline. I also began to notice that every now and then there comes a day, or two or three, when I only feel like sleeping, I am totally exhausted and I find it very hard to spin, the chakras feel like ton-heavy blocks... but I keep spinning persistently, and when they move on, the energy soars drastically. These are precisely, as you said, negative islets, blocks I broke through, then an increase of energy, and on easily... then the block again. But as I noticed that growth follows after them, I have begun to enjoy such days :) I even noticed that during these days this is also reflected on my daughter, four and a half years old, otherwise a cheerful child and simple to handle :), and on those days I would freak out.

As for my growth in a month, I have the impression that I was simply ready for that. Fifteen years or so of work on myself, with more or less success, and I felt myself that the time had

come, after the dark night of the soul, the mature time for change... and I have entered the forties?
Moreover, when I wrote the questions in my latest comment, I thought a lot about someone had to pioneer and tailor this method for years, and we got it in a book, ready to wear. My husband (who also spins) keeps asking: how come that a woman from Croatia (a good thing he did not ask – from Split of all places) discover such an important thing, how come all these books you have been reading for years didn't tell you something similar... well, yes, I did read Brennan but did not notice that piece of information... sank in the sea of others.
I just keep thinking, considering all the changes facing us, and the benefits, who cares!!! Thank God and thank you!

May 13, 2008 11:08:35 | [Jasna]

Another point that keeps running in my head while I dream about your (energy) heights... how do you look at love from this perspective? That is, I read in the book about the patterns in your partnerships, the same developments of situations and similar lands... and I'd like to know whether you have any have any new insights. I watch people and relationships around me and I see darkness and misery. And I keep asking myself: and where is love? I constantly revolve round this theme, trying to understand, trying to find a mode of relationships... but somehow I always stay hungry and thirsty. Does high frequency bring a balance of male and female energy in a single person, and searching for love out of oneself can stop ? Or...? :) Thanks again... a lot

May 13, 2008 17:00:52 | [Bumblebee]

I like your observations, Jasna. Welcome to the blog!!
I agree that male-female love has become an epidemic problem, and I can hardly wait to hear Serena's considerations on the topic. Your question is quite apt: the issue involves the union of the male-female principle. People are becoming collectively aware of the task of having to unite these two principles. But, we lack the knowledge, intuition (because we are not positive) and we think that our love does not work. And it does not! We have the wish, we have no knowledge, and we work frantically and mistakenly. But that's why we are lucky to run into this blog. Who would say that we first have to boost our energy, and then settle our relationships!!! P.S. Unfortunately, we are too much impressed by the pseudopsycholove gurus who palm off their love potions, aphrodisiacs and the like telling us that we'll become new people, keep our bonds that way. The hell we will, as long as we are negative!!

May 13, 2008 22:24:06 | mindpositive

My dear girls, you look and you don't see. Your great-great-great-grandmother is still waving a stick under your nose. Look at your man in the eye and you will see the man. Look with an open heart. Look without any intention to find your toys and silly wishes. Look in order to see what you will find, what really is. And then meet this look, with what you see in it. Meet the man, not castles in the air. Have you ever met the open heart of your man in that look? Now that you have activated positive energy this will become possible.

Negative energy sows dissension among everything and everybody, and first of all between a man and a woman. But if your man is still in the service of his mom, you will not meet his look because he does not see you.
What does that mean: "in the service of his mom?" There are countless modalities. And almost all of them appear to be all right. They are not. I said a lot about that, both in the book and on the blog. The more your positive frequency grows, the more you continue to annul the negative

“lumps”, the better you will understand all this. So much for the time being.

(Note: at the time I had not yet started to study sexuality and analyze it from the energy point of view. Now, when I’m deeply involved in the topic, I can say that my foregoing comment is good, but nevertheless naive. Sexuality is a totally mad stone over which the best couples, even those with the “best” sex, stumble viciously and dangerously without having the slightest idea that this is an energy stumble because everything in our civilization and beyond gives you false concepts of this “activity. Here and now I can only add the following: in sex both the persons must be energy positive – that is extremely important).

May 14, 2008 8:32:39 | mindpositive

Bumblebee has asked about sadness. I don’t know exactly where sadness resides. I think we have stored it all over the body. What is sadness? The feeling of impotence before the burden of negative energy. While we were still small children, when we were the cleverest and the wisest, we understood that we had come into a hostile, negative world. And understood that we were impotent, that nobody knows, yet, how to defeat evil. And even so little, we understood that and became – sad. Some have become aggressive at the phenomenal level. The same cause. Later on they educated us, taught us not to see, taught us to forget, taught us not to understand. And so we remembered sadness and its message with our body because our mind is full of the nonsense we have learned. This is why you all feel a surge of sadness when you start activating your positive energy. Because it can finally be released, because you are beginning to understand that you have the strength to prevail over the negativity of the world. You get rid of sadness fairly quickly, but as you start positive energy you necessarily feel it as you must eject it and thus recognize it – because you have to annul it just like any other negative energy.

May 14, 2008 10:47:13 | [Bumblebee]

Thanks, Serena!!! Ouch, how mistaken I was about men, now I understand and remember my great love – it didn’t work because our visions were blurred. Be that how it may, let it never occur again that way!!!:-)

May 14, 2008 15:96:54 | [Haloefekt]

I don’t know whether this happens to other people as well, but here’s an example. Today I went to a place, I can’t go into details, where I OFTEN must come. Occasionally everything’s all right and neutral, but sometimes people resolve their disagreements and who knows what kind of quarrels and disputes in front of an audience, i.e., in front of me though it’s no business of mine, instead in the privacy of a separate space. Today, after that visit, regardless of the fact that the matter had NOTHING WHATSOEVER TO DO WITH ME, I felt tired as if I had been run over by a train with 50 railroad cars. When the situation regards certain persons visiting the same place, I know they are coming half a minute or a minute before they enter the room, I know they are coming and I AM NOT THE ONLY ONE to feel it... Does, then, vampirism act in an untargeted way as well, and the vampire catches the first victim on hand, along with his/her planned target? Otherwise, I do the merry magic and do not desist, and I feel the results on myself and my environment – until a local (family) vampire comes along and blows everything into the wind... And then it’s all over again.

May 14, 2008 16:13:18 | mindpositive

There are capable “social” vampires that vampire at a variety of gatherings EVERYBODY who let themselves be vampired. When your positive energy reaches a specific level - meaning you have erased some negative frequencies very widespread in society – they will not be able to

reach you with their negative frequencies (through resonance). Until then, in their presence it is a good idea to cast the “black sheet”, over yourself and them.

In situations where several people meet, especially during business meetings where opposing parties discuss a tense topic – say, a major contract and terms and prices – even a specific individual need not be an expressly active vampire. At such meetings you need to place the “black sheet” over yourself and all the rest every fifteen minutes or so (therefore, not individually because you could not have the time for that, but particularly on the current speaker, of course if you manage it), and renew the operation as frequently as possible. Maybe you will not be able to “save” yourself completely, but can defuse the situation. Especially because by doing so you will contribute to the constructive spirit of the meeting and facilitate agreement. Thus, I succeed in achieving a positive outcome between parties long at loggerheads and failing to agree. When I am present and dispense the “black sheet”, they make a deal so quickly that they can’t explain that to themselves, they are even satisfied.

Just as in every situation, exercise will make you more skilled and more successful.

May 14, 2008 23:26:49 | [Sunshine]

As regards negative energy in situations involving many people... the other day I cast the sheet over an entire shopping center where I used to feel a fairly high negative energy, and ... bingo! For the first time I felt well and relaxed in that place. I think that this is the main reason why the majority of us men hates shopping in the company of their beloved. The negative shopping energy shakes us up. Ciao

May 15, 2008 7:05:00 |Bee]

I am also crushed by sadness, together with fears (I know where they stem from and I know how to get rid of them – it takes time and when they come I don’t let them flood me), but sadness, well, that’s a different story. I have a simple question: do I also have to cast the sheet when I am beset by sadness because it is undefined and I have the feeling that I had better let it come into full swing (this lasts already three weeks or so), then I weep my heart out (tears regularly go with sadness, whatever the reason) and hope to get rid of sadness as well. I don’t know whether I’m wrong. Comment, pls.

May 15, 2008 9:15:28 | mindpositive

Sadness, again.

What is sadness? Negative energy.

What do we do with negative energy?

We stop it by doing the “sword” and/or the “black sheet” (the press”).

What do we do after having stopped negative energy?

We get positive energy going.

What do we do when a large block of negative energy arises out of the depths of the subconscious as testified by SADNESS, FURY, PHYSICAL PAIN...)?

The same as above, along with extended chakra spinning. Spin the chakras several times a day, as often as time permits, because you need to INCREASE FREQUENCY/ENERGY in order to melt, erase, flush that negative block...

So, don’t let SADNESS get into full swing, because it will be much more difficult to stop and erase it.

That is why we have the “sword” and the “black sheet”/”press” because STOPPING negative

energy is crucial.
If you don't stop it, you will promptly vampire somebody else. Don't stop crying or any other physical reaction. That would imply pushing the problem back into the subconscious, and we don't want that. We are stopping negative energy only. And afterwards just see if you still need crying. You will see that soon there will be no need. Really, how many times do I have to repeat the same thing!?

May 15, 2008 | [Haloefekt]

I feel sadness and depression after being vampired. I must admit I have divided past vampiric situations into two groups: blood-related (related to the close and extended family) and non-blood-related (business and other social situations – friends, acquaintances, neighbors, casual encounters). As regards the first group I am so caught off-guard by vampiring that I even DON'T MANAGE TO REMEMBER (not even after a few hours) to cast the black sheet. After that it does not help anyway, and I LITERALLY sneak into a DARK CAVE and close the entrance with a rock to ward off strong vampiring effects. In the non-blood group – of a type such as a Sisyphean task or sitting on the edge of a fuming volcano or carrying a bag with a bomb and a ticking timer while time elapses – the black sheet often occurs to me, though I cast it over myself beforehand; and the vampire is like a raging bull striking and fascinating the people, and I still don't feel capable of being a toreador, or playing any other role, whether in the first or the last row in the stand or in the arena... So, these are my experiences.
PS Yesterday I was destroyed by indirect vampiring to such an extent that I have been preparing since early in the morning for the next situation of the kind, because I don't want a repetition of the same. :-D.

May 15, 2008 16:13:18 | mindpositive

I have already said, Bee, don't stop crying and physical reactions.
But stop negative energy, definitely. Failure to stop crying does not mean surrendering to tears and sadness (for days) and letting them " get out", this being a totally useless and vampire deed. Just as surrendering to rage. As soon as you feel that, START STOPPING NEGATIVE ENERGY. The negative energy of people vampiring you in that specific moment, and of some other people vampiring you in some following moment. If you don't stop negative energy quickly, the emotion will overcome you so quickly that THERE IS NO CHANCE OF YOUR UNDERSTANDING ANYTHING BECAUSE YOUR MIND WILL ALSO BECOME COMPLETELY NEGATIVE if you let the situation to persist.
Stopping negative energy gives you a chance to start positive energy going, and the latter needs to be strengthened through continuous work; it is only positive energy that truly erases negative energetic and emotional accumulations.

May 15, 2008 19:45:58 | mindpositive

You can't avoid such situations, Haloefekt, you have to go through them, raise the frequency and thus annul your negative frequencies. <u>When you know that you are entering a vampire situation, whether a family or a business one, prepare for it. Half a minute before the meeting, cast on two occasions the "black" sheet over all the protagonists, including yourself.</u> Don't let fear overcome you before that, because then you will not achieve anything. The black cave will not save you because that does not stop the negative energy of whoever is attacking you. You sound as you had invented a new technique, but that's pure unverified fantasy with no effect. And why did you concoct it? Because you are previously "forgetting" the black sheet. Why are you forgetting it? Because you are afraid to take action against your vampire with the black sheet. You need to cut

that out by force of will, one way or another, and once the “black sheet” becomes routine for you, everything will be easier. You are going through a “purgatory” everybody experiences in a personally intensive way, some stronger and some weaker. You master the energy procedure, and become aware of events at the energy level. Don’t invent new pictures of “protection”, new “techniques”. Inventing only produces FABRICATIONS. In order to be really effective a mental technique cannot be a fabrication but the result of great understanding, research and verification, and that is my job.

May 15, 2008 15:37:18 | mindpositive

Pyramid, anything that hangs on a thread and has some weight can serve as a pendulum.
The “black sheet” can also replace the “sword” completely after you’ve mastered the technique. I still combine one and the other. Sometimes I reduce “step 1” only to the “sword and tying of knots”. The first variant of “step 1”, that is, the “sword and knots”, is important for those who think they were active vampires because it focuses all your attention on stopping YOUR OWN negative energy. This is extremely important and that is why I still left “step 1” as valid for beginners and for all those that think they still have problems in stopping THEIR OWN negative energy.

When you learn the visualization technique in its original form, after some time you can reduce it, the result will be the same. But you need to be capable of observing your energy condition and noticing whether you have maintained your previous efficiency by reducing the technique.
Noticing everything around us, and primarily noticing energy conditions, our own and those of others, is the basis for being REAL, for reacting reasonably, really. We don’t want to invent and that is why we need to learn to observe.

May 15, 2008 15:48:09 | [Haloefekt]

Serena, I’m somehow afraid of “wasting” the black sheet. Or should I turn into a woman wearing the black sheet as a burka?!:- I think you dig what I mean... But looking at your answer I see that there is no danger from anything of the sort, so I continue along the beaten trail.

May 15, 2008 16:09:43 | mindpositive

Burka whatever, Haloefekt... You got it, ok...
I advised some beginners, or those who did the “merry magic” twice daily for two years (which is approximately equal to a positive zero, if at all) to only do the “black sheet” for ten days or a fortnight. The people who got that piece of advice from me still didn’t distinguish positive and negative energy with their body and mind, and immediately used every energy activation to spin their energy negatively, in line with their old habit. Nevertheless, in time the spinning of the chakras is also advisable in addition to the “black sheet” – clockwise.
AND CAREFULLY OBSERVE WHAT IS HAPPENING
You can’t stick to the “black sheet” all the time.
You can do it for a couple of weeks, approximately (exceptionally I would advise several months), and my advice to the stubborn negative guys who keep spinning their chakras the wrong way would be: “as long as they think it needs to be done...”
What a demanding task, sigh some...
Learn to move in a new dimension. Why should that be “unbearably easy”? If you didn’t use your legs for ten years, you have a hell of a job trying to start walking.
And, well, you haven’t used chakras for at least one hundred thousand years...

May 15, 2008 16:39:14 | mindpositive

I'm quoting Haloefekt: *with the blood (family) vampires I am so caught off-guard by vampiring that I even DON'T MANAGE TO REMEMBER (not even after a few hours) to cast the black sheet.* Initially that happens quite often to many of us, and one could call it "normal". I have quoted that in order to highlight How much NEGATIVE ENERGY BLOCKS OUR MIND. What are we with such a reduced mind? Not even an ant.
Do your understand this?
Our mind is everything. When we have a mind we also have a body.
Positive energy really releases our mind and, indeed, we can notice how CLEVERER we are with positive energy. And wiser, more conscious, more intuitive...
I'm repeating that because it is really, really important...
May 16, 2008 8:29:00 | mindpositive
And Pyramid says: "I have a piece of news... today's event, my son is coughing in the room, a bout of allergy, in my thoughts I cover him with a sheet to protect him, and then handle his two great-grandmothers who don't live near by but have asthmatic problems, I not only cover them but additionally wrap them with a black ribbon on top of the sheet, and the cough abates, and so a few times."
Good of you to remind me of that example, it's quite impressive. It shows very vividly the movement of energy. <u>You can "control" any type of cough in this way, what is esssential is finding the source of negative energy</u> in the family – in this case the two great-grandmothers.
For three-four years my daughter (she was in her twenties when all that started) suffered every fall from severe colds, which lasted even for 2-3 months and was manifested as an exchange of dry and loose cough. This cold/cough was activated by the wife of her father (she has good and normal relationship with her). Every year I was instrumental in stopping her cough by blocking the negative energy of that person. At the time I used some other methods, not as efficient as the "black sheet", and I think that is why it took so long as I was still an "energy apprentice". And it also took along time because that woman is a rather efficient active vampire. For several years my daughter has stopped having this problem. We annulled the "seed of evil" by reinforcing positive energy. And it took a lot of time and perseverance. It is quite sure that I had created the initial "negative lump" (remember my bronchitis from *Geometry…*), and that woman just followed up on it. I stopped pushing negativity into that zone when I became positive. But sowed the "seed of evil" allowing anyone with the same negative frequency to hitch onto Ivona. Logically, it was her father's wife, because people choose for every new relationship a partner with similar negative vibes.

There were many children in my mother's family, and most of the first-born and only sons/daughters had spastic bronchitis and frequent severe colds – this is an example of the "pain relay" passed on from one generation to the next one. If you think about it carefully, you will also find a lot of similar examples in your own family. Now you know how to break the "relay". Cough is an obvious indication. The effect is momentary, that is, even the most severe coughing bout ceases in two minutes, but it takes time for the total destruction of the cause, i.e., of the specific negative frequency – and then there will no longer be any cough or any cold at all.

55.
Wednesday, May 7, 2008
My-my, how clever you are

And so the "all-stars team", as you that have been commenting lately have called yourselves, has obviously and unmistakably progressed a lot.

This can be seen in the number of refined psychological-energy analyses of yourselves and of the people around you that you have written in just a few lines of your comments. It is also seen in the truly high quality advice you pass to one another, so that I hardly have anything to add. It is seen in the liveliness and serenity with which you describe your momentary problems. It is seen in the fact that you generally know what you need to do, think and feel. It is seen in the way you acquire a sense of self-assurance about yourself and your thoughts, of the way you acquire determination.

Thereby you demonstrate a point I have been repeating quite often – you are becoming cleverer, and that is always associated with determination, action. Positive energy releases your mind, and you are capable of thinking and of being sure of your thoughts.

This could warrant the conclusion that IQ is a very variable magnitude. And it does not necessarily decline with age, all the way to dementia. It can be inconceivably higher than it is known today, but it certainly should be measured with different tests and standards than today. It declines proportionally to negative energy and, conversely, increases proportionally to positive energy, probably with no major influence of age. Though I can't even imagine the mental capacity of a child born and raised in an energetically positive environment. Probably it will be indescribably fascinating.

I shall comment a few questions and details because they are important. Nera, who has recently joined us, progresses with seven-league boots, so I'm quoting her a little:

May 6, 2005, 7:32:12 | ... *I ran into a blog, bought the book and started exercising. My life changed in a moment, but somehow one doesn't trust his own eyes. My marriage has stabilized, my husband has seen the light and now sees what I saw ten years ago, I no longer have the feeling of compassion and persecution which I did not need (built-in by my grandmother and mother), the condition of my vampires has gone from bad to worse, I finally see myself in a much better condition. I just*

have to fix my attitude toward injustice and... BINGO!

“The attitude toward justice” often sets us back. Why? When we don’t understand ourselves and other people, who are all under negative energy, our judgments of justice and injustice are in most cases incorrect, in line with biases and very superficial analyses of the situation. But they influence us very much, we are proud of ourselves for being capable of judging things at all from the standpoint of justice (because most people don’t do even that, even with warped criteria). Since our judgments are incorrect and in most cases boil to “somebody hurt me, this is obvious, he’ll see what I am going to do to him...”, these incorrect judgments just create more negative emotions which obscure even more our capacity of correct thinking, we take wrong steps toward that “someone”, and fail to convince him... And the vicious circle gets entangled in an inextricable labyrinth which creates even more anger and bitterness, and you are stubborn sky-high because you made a JUDGMENT BASED ON THE CRITERION OF “JUSTICE”.

When you start to understand, in a positive energy condition, the situation, yourself and other people, just as you have now started doing, you will not use the concept of justice so much (or not at all). It truly belongs more to courts and to people who don’t understand one another to the point that they seek someone to pass the judgment objectively and in accordance with social laws. On the contrary, understanding yourself, understanding that you have also contributed to the adverse development of relationships (a chain of events goes back to a great-great-great-grandmother, but you have also contributed to the evil seed), you will no longer want to judge whether something is just or not. You will simply decide what position to take with respect to that person, whether you will try to lead him/her to positive energy or pull away, In doing so you will not be angry, you will understand his/her limitations. And your own. Try to take a different position because when you remove part of your negative influence on that person it will be clearer and more probable that the person in question will start to change, at least toward you to begin with. You will not be excessively happy and satisfied with that person, but you will not longer rear, fertilize and water a thousand negative thoughts. You will calmly decide what to do next. You can always change your decision and stay away from somebody you did not want to stay away from at first. You can also make a mistake, but then you will not be mad at yourself either. You will simply understand that and think of something else.

Leave justice and injustice to the court (although legal experts say that they are not even there – just law and the laws, which needn’t coincide with righteousness and just verdicts), and try to UNDERSTAND AND DECIDE WHAT TO DO IN A

SPECIFIC MOMENT. Because only you can decide about yourself, and that is the only thing you can do. The reaction of the other person will give you new material for consideration, and you will again understand whether something is to be changed; you will easily decide and act accordingly (instead of fuming and doing anything). And so life goes on, everybody is given the opportunity of accommodation, harmonizing. Life flows when positive energy flows.

It is inestimably better to say “I don’t like that” than “that’s not fair to me”. When you don’t like something, you can easily say “thanks, I don’t want that, bye”. Your attitude does not look magnificent, but it give you maneuvering space. On the contrary, when “injustice” is involved, you can’t do anything, the act of God has caught up with you, everybody is in somebody else’s hands. All you can do is get angry and feel helpless. We already know where that anger leads – this is negative energy creating even more negative energy.

... I am really an epic type. In this post I thought I would just comment on a dozen of your comments and questions, and we didn’t move away from Nera. Who understood quite nicely what her momentary task is.

So, the continuation of the comments on the preceding post follows.

Stay alive and kicking!

May 3, 2008 212:11 | [Bumblebee]
I like the post. Everything you wrote today reminds me of my day-to-day routine. Even since *Geometry* walked into my life, dust has begun to swirl, volcanoes are erupting, the Earth trembled (and I was scared!).
But, imagine... through persistence and determination... these horrible, horrible situations (until recently in my view and for my mind) (almost) don’t affect me at all. I don’t personally experience any aggression, manipulation, accusations, judgments and whatever else in my regard. I know my place, nobody needs to tell or confirm anything. Ultimately I sing cheerfully – I run my own show and I feel fine :-)
May 3, 2008 2:17:22 | [Nera 8]
One could say that you now understand many things in a simple way, what was before a mission impossible is now a song. Everything is slowly becoming crystal clear.
May 3, 2008 22:24:33 | [Haloefekt]
Serena, you have described so well what I focused on, in a rational way, in distinguishing expected justice and hurt feelings, and the continuous persuasion of the minivampires round me that something should be different - and how I understood, during two years, that everything needs to be observed from the outside and less personally, and emotions left aside, and how I came to my senses, trying to remember how it looked when I thought everything was all right and that I was doing well. And that was not easy. Quite the contrary. But it was *Geometry* , a few

weeks ago, that put an end to this search for lost time. The merry magic is the materialization of my feeling that there exists some solution. Luckily... And that would be it.

May 8, 2008 9:36:07 | [Hope]

I join the praise for the post. I think that it put an end to it all, as Haloefekt says.

May 8, 2008 19:17:40 | [Pyramid]

Hi everybody, finally you have showed up a little, for a time it looked as if you all were asleep. I have a health progress to report. For over a year my menstrual cycle was 23-24 days, now it's back to the normal 28 days. The only and still a major problem for me, which constantly affects me, is PMS nervousness, sadness, senselessness, but unfortunately it still goes on. I took the grandmother, the leading vampire, back to her home, and I expect an improvement in all areas. Not much, though, after a week, probably because of PMS. As far as love goes there is no change because I have not yet got rid of the fear of which I am conscious. Thus, even in an area which is the most important for me I can't get rid of the bond with each situation and jealous outbursts... and I am conscious of that, everything's quite clear to me.

May 8, 2008 20:37:54 |mindpositive

Well, existential fear – what will happen tomorrow, will I still have job, earn enough – these are problems tormenting some people, problems that don't go away. But there are different experiences after the activation of positive energy – all the people I know who are practicing the merry magic either got a job at the beginning of their "merry magic career" or got a better job or advanced on the same job. Some even experienced a dismissal as an intermediate phase, but they very soon found a job. This also happened to the adult children of these people, and those children don't practice the merry magic, or to their partners who don't do the merry magic either. This regards a dozen people or so, which is not a small number. Here nobody is reporting anything similar... The matter is very logical, as it were Marxist (if anybody still knows what that means), because you need physical security for the physical body in order to be able to work on your psyche, your soul and other higher levels of yourself. And you get physical security from a job, especially a good job with a decent salary. And that first happened to the mentioned people after the application of the "merry magic". So, think it over a little... Now I remember that Sunshine reported success in three plans that could not be realized before whatever he tried, and I have a hazy recollection that it referred to business. I am awaiting your information so that, by using them, we could get rid of the fear of the people still blocked by this basic existential apprehension.

May 8, 2008 22:24:00 | [Bumblebee]

No change on my job, I'm still doing fine where I'm at present. If and when I even decide to change it, I'll do it easily, Now I'm still enjoying things. And a year ago something like that (the thought of such a risk) seemed to be impossible. I felt a terribly strong existential fear!!!

May 8, 2008 23:20:30 | Unregistered user

As far as my job goes, like Bumblebee I'm quite all right where I am now, and all conflict situations with colleagues, the boss or clients are resolved extremely quickly without any major frustrations (if any) on my part. Things are being resolved of themselves, it suffices to ask, candidly and in line with my conscience, what is correct in such situations, and the best for all of us involved – and matters are settled in a way about which I could only dream before.:-) As for money, I still have to wait for better days, but that again depends on my decision about how (not) to spend it. But in another area of life, and with regard to a relationship that I had already almost written off, things have changed at neck-breaking speed, although I had only expected the

outcome with fear. Of course, they changed very much for the better, on my initiative and after I had made the first step, and the reward for my efforts surpassed all expectations. And yet, a few months ago it all looked to totally hopeless and gloomy.

May 9, 2008 7:27:30 | [Nera 8]

For the time being I am working and living just as so far, but something's the matter with my weight. Last year I had a 17 pound surplus, I strove hard and nothing. Then I started reading books at the religion-psychology transition. I managed to get a couple of pounds off, but they also returned. And now my pounds are dropping off with no reducing and no exercise. Before my weight dropped I had gained an additional four pounds, but swelled a lot from my feet to my neck, I guess. I was not in a coma because I simply knew that was a transition period. So I walked about for four days, all swollen, and then the scales kept showing less and less every day, believe me without renouncing anything, and food craving was also lower than usual. Some months ago I made up for my dissatisfaction and fear with food. Now I don't watch what I'm eating, how much, or the calorie figures. I know this is for me a success to who knows what power, but *Geometry* is the reason of al this. Kiss until next time

May 9, 2008 | [Humptydumpty]

Gee... I plumb forgot to report... I'm fine, and just forgot... as far as existence goes the situation improved an awful lot since I started doing the merry magic... only the husband works, and things are looking up, rally, so I can devote myself to spiritual work... hee hee... here's a funny story: a friend asks a friend, having seen her after a few months, and asks, what's new, how are things, do you work... well, she says, I work like mad... and, asks the other one, how is your husband, does he work... and she says, oh no, no, he works on himself... kiss kiss

May 9, 2008 22:28:58 | [Sunshine]

Serena, it is true that I reported success in three plans, one business and two private ones, but they came as a result of leaving my higher self to resolve something I had not been able to do so far. Along with a lot of patience and waiting (approximately six months) everything came true, moreover in a very simple way. As regards the fourth plan, still in the phase of realization, I can say that in my search for genuine happiness it led me to your blog, book and the merry magic. Ciao

56.

Tuesday, June 3, 2008

APATHY AND FATIGUE

"It is spring, and I'm so restless"

(from a popular song)

Spring fatigue. Whoever invented this nonsense? It is true that many people feel it quite often. But it is not correct to proclaim this as something normal, and blame spring on top. Whatever, I'm telling you, total nonsense.

Now just nicely read again the post on the subject ("Apathy") because you have certainly forgotten it, and it definitely regards you. It is truly difficult to notice this fatigue and apathy because they start little by little, just imperceptibly. And when they overcome you, you are not capable of either thinking or doing anything.

When I wrote that you didn't know anything, yet, about the "black sheet". Now that you know, discover WHO is "ramming" apathy and fatigue down your throat. Therefore, when you notice that it has started to seize you, cast the "black sheet" over one. When you feel a spontaneous deep sigh and easier breathing, you have found him/her. Maybe more people are involved. Investigate. And then apply, often, the "black sheet" on the person(s) involved. Just watch out for fatigue, and use the "black sheet" right away. Sometimes there are more subtle vampires slowly attacking your mind, slowly, and not your body, and nothing hurts so that you don't notice the problem. These vampires are in most cases dear people who think they love you, and you think you love them. But they do not set positive energy in motion (even "merry magic" twice or three times a day does not count, because this is not sufficient) and, willy-nilly, they start to drain your energy.

The "black sheet" now helps you to tackle the problem more easily (and even better with the "press"). After a sufficient check you will know which people you're dealing with. And then you'll know how to CHANGE YOUR RELATIONSHIP with them, because that is indispensable. Waving the "black sheet" is not enough because you could be doing that all day long. Relationships must always be changed. Now that you're wiser, because you are energy-wise more positive, you will know how to do that.

So, no more opportunism and hesitation. That way you will never become the world champion in your life and you will never outdo yourself, and that is what is wanted. Spring fatigue, whatever! God has created spring for dash, serenity, swing, song. Not for fatigue. And the people who invented the story about spring creating fatigue are no fools – we are, because we believe them.

And don't pay attention to any bio weather forecasts, that's another nonsense in this context. "Today you will feel poorly because there are two clouds on the left, three on the right, and air pressure is dropping". One simply can't believe what stupidity is able to concoct.

Stay alive and kicking!

June 6, 2008 19:11:11 | [igi]

As I see, quite a few situations/cases are mentioned on the blog, where our father/mother, sister/brother, husband/wife are considerably brakes thwarting personal development instead of being quite the opposite. Long ago (about five years ago), before the merry magic and the "black sheet" (which are brilliant, in my opinion, not to say revolutionary techniques, because the results are visible very soon and can easily be tested), I ran into Phyllis Krystal's *Cutting the Ties* and, of course, I first applied the techniques described inthat book to my parents and a fatal love relationship. I have to admit that the first changes had fairly quickly a bearing on my relationship with my parents (in the positive sense). Essentially, I could establish a much more responsible and more mature relationship without feeling any awe before them. Interestingly, about a year ago my own mother lent me *Geometry* and recommended it to me. And, I must admit, this is one of rare books that changed my life (the way of thinking, views of certain things) in a totally different way, in another dimension. As regards relationships with our immediate family who drain/exhaust us, I think the proper question would be: why not place ourselves in the center of our lives? What is bad about such an attitude? My personal view would be: first help yourself in order to be able to help others (whether immediate or more remote). And, an end, there is nothing more beautiful than ending a poor relationship of any kind. What a relief, what freedom, what delight...

57.

Saturday, June 7, 207

WHAT YOU LEARNED HERE SO FAR

Hogwarts – by correspondence, on the blog

"Poor me, isn't this difficult! Is there an end to this trouble? You can't wrench away from negative energy. It gushes forth from all sides". You are not the only one to say that. I have also said it many times. But just when you think you can't take it anymore, it yields. And you think, now I'll enjoy things a little, and then it squeezes you again. Negative energy squeezes you as fatigue, fleeting pain, sniffling, hangoverish head even if you've not taken even a drop of alcohol..

Somebody once wrote that there "must be something in the air" these days. There is nothing in the air, it's just that we have advanced to that trouble. Some advance, I'd say, just look at the fix we're in! What was the saying? *Per aspera ad astra!* Through hardships to the stars or something like that!

And now that we're nicely beset by hardships, let's summon up some courage. How are we to advance to the stars if we are discouraged?

So, let's first see what we have achieved. I am talking about those that comment

because I’m familiar with them.

> 35/17 You have learned to distinguish positive and negative energy. Unequivocally and clearly, with your mind and your body. You can already distinguish them in a very nuanced way, and will be able to do it even better and more promptly, without major delays.
>
> 35/17 We have learned to set positive energy in motion. The chakras. Mmmmm, how fine.
>
> 35/17 You have learned to stop your negative energy. Tied chakras and the sword. Relief.
>
> 35/17 You have learned to stop the negative energy of others. The “black sheet” and the “press”. What a sigh of relief.
>
> 35/17 You have learned to see your energy condition with your inner eye. A hitherto unthinkable skill.

All that is written in *Geometry…*, and now you understand that now that is YOUR EXPERIENCE.

Doesn’t this show that the theses presented in *Geometry*… are true?

And when you think about all that a little better, everything you have learned is true wizardry of sorts. If we exclude the knowledge of the essence of energy in terms of the difference between positive and negative energy (but only for a moment, because neglecting the essence is not a good idea), just because nobody other than you knows something about it, in the books you read about something “similar” to the abovementioned, and though that it could be done only by great seers, spiritual people, bioenergy practitioners, gurus. That it requires a special gift. And, what do you know, EVERYBODY can do it. When he/she gets the right knowledge. The knowledge is written down in the *Geometry of the Divine Spark*, and this blog is your Hogwarts by correspondence, a correspondence school of wizardry. I adore *Harry Potter* and I have taken it quite seriously. Should I change “mindpositive” (my nickname on the blog”) into “Hogwarts by correspondence”? I have strayed somewhat from the theme. What else have you learned?

> 35/17 You also learned to use, in an inconceivably more accurate way, psychological perceptions, now deepened and corrected along with the

knowledge of the energy status of yourself and other people.

35/17 You started to understand well the relationships among people, the reasons for which differ entirely from what you thought before. Even the best psychologists will soon begin to envy you. They already envy me. (Well, that' a fact, and let's not be self-effacing and pretend we don't understand what we have achieved).

And now, only some clear thinking and elementary logic: if the theses from *Geometry…* are true so far, and you have already advanced that far, wouldn't it be realistic to expect that the remainder is also true?

You have passed, as you said, the "honeymoon" of the first EXPERIENCE of positive energy. Now you are in the middle. In difficulties. The next to follow is deep experience of positive energy after release from a past full of negative energy.

A string of difficulties lies between the beginning, the basic knowledge and the decision to experience that, and the real result. A long and hard way, at time seemingly impassable.

Well, that's the way it is in any significant job.

So far you thought you were small, insignificant people. But all the people are like that.

Some people suddenly surge forward and become great. In something, And there is nothing "sudden" about it, they pass a long and hard way from intention to goal – it's only that people who see their result, their success, do not see the road to it.

You did not hope you would be among such people. Now you are, now that you are here. What we are doing is really great. I have not written about it, you have seen I avoid big words, so that for the time being I shall just say that what we are doing is great, huge. And, to tell you the truth, you are not even close to the effort made by all great people, world champions, great artists and even very rich people. You think this is not for you. You did not think you have ventured into something like that. Well, you have.

Kings are educated to be kings from childhood. You have just begun to educate yourself to be your own king. You're a little late, it would have been better if you had started while you were still a kid. You were born too early because positive energy has only been discovered now. Yet, you can still make it. To educate

yourself for being a king of your royal mind. Of course, it is somewhat unusual to start thinking about yourself that way and yet remain honestly modest. But you can do it. I mean, be your own mom, dad, coach and teacher. And remain modest.

Stay alive and kicking!

June 9, 2008 9:12:23 | [Spring]
On my job there is a “vampire pyramid”. The “mom vampire” is at the top – the boss who vampires without letup. There are “little vampires – mom’s pets” with whom she generously splits the spoils and who occasionally attack very violently in a pack, and then there is a heap of freaked out passive vampires running about and trying to make up for the loss of energy. Until recently I was a member of the last club. I mainly mistreated my family at home, so that my daughter used to ask me, in a frightened tone, “mom, how was work today?” But let me cut my story short – little by little I lost my personality and became a failed copy of my boss (the boss cut down the mobbing in line with the progress of my effort). Your book pulled me out of the fog. It dawned and I saw everything. Should I cast the black sheet over the whole building when I go to work? Let me continue. Changes in me gave rise to external changes. Passive vampires no longer approach me for an “energy doping”, and the boss just beats about the bush when she approaches me. I can literally feel her confusion. I must say that this “food chain” makes me laugh.
June 9, 2008 10:29:00 | [leeloodesign]
Her’s my daily report :) Physically I still feel very poorly... I am tired and most of my joints hurt (now the pain has dropped to one half of what it was like two days ago)... I can still cast the black sheet only... I can’t manage the merry magic... (I have discovered another couple of vampires working in unison, no wonder I feel so miserable)
At first I thought I was tired because of the baby, but a few days ago mom came to help me (what a paradox – the main vampire of my lidfe came to help me :), and I was able to rest a little but fatigue and this “feeeble” condition are still there... regardless of the number of hours of sleep... things are better than at the beginning, but I am still not me...
Questions:
Should I start doing the merry magic no matter how, or rather do nothing by force but just cast the black sheet for as long as needed for recovery...
June 10, 2008 13:00:08 | mindpositive
Nataly, your “little problem” is inconsistency. You have understood the lesson at the energy level, but not at the level of manifestation and behavior. That is, you do not behave toward people in line with your energy effect. Then you energy work is very poor and the results are poor. I leave it to you to see who, where and why.
June 10, 2008 12:26:03 | [sunshine]
I occasionally feel pressure in my head, something like the one described by Mona. The situation is somewhat easier after spinning a chakra pair in my head. This is why I have of late reduced the frequency of the merry magic although I know, Serena, that you’ll tell me I should proceed the other way round. In the morning I wake up tired, and that means, paraphrasing the old saying, that the enemy never sleeps. I am gong on with this trench warfare and I am asking, just as the others, man, where does all this negative energy round us come from? I like your comparison

with Harry Potter and kings. Hi all wizards

June 10, 2008 13:05:58 | mindpositive

Nice report, Spark. Especially as you have a longer experience here. You have expressed a very, very essential moment: “Only after I look back after more than a year I realize that everything has changed. I am different, my relationships with others are different, the relationships of others with me are different, the people and their inter-relationships when they are close to me are different...” Although our energy fight – I must put it that way – seems somehow the same, at the level of manifestation it is obvious that certain problems have been resolved or have reached a new phase, that we are settling some new situations. And that means we are progressing.

And now an EXTREMELY IMPORTANT, IMPORTANT, IMPORTANT rule: when we tenaciously, persistently and frequently defend ourselves and fight by putting up the “black sheet”, and yet a pain or pressure does not abate, inmost cases that means that WE HAVE NOT IDENTIFIED SOMEONE AND ARE NOT PUTTING THE “BLACK SHEET” OVER THAT PARTICULAR HIM/HER, and then we have the impression that all those other “black sheet” we are placing over other people achieve little. Well, that is logical. In that moment probably these other people are not vampiring us, but that “x” is, and needs to be found.

This is that really new phase in which we are now, when we need to know WHO vampires us. Why? Well, because we need to stop his/her negative energy in the very moment when we feel it, when it focuses on us. And then, also because we are BEHAVING MISTAKENLY toward that person, long and persistently. We need to learn that vital lesson, become aware of the problem and then deal with it.

I have stressed many times that positive energy is not a new gadget that does something INSTEAD OF US. Just as the washing machine washes our laundry instead of us. No, positive energy helps us to understand, gives us strength to understand and to resist a bad situation and a bad relationship. But we need to be aware of that, i.e., understood properly. And we need to decide what to do. These are the essential elements of the “job” called “being a Man”.

Sunshine, the enemy DOES NOT SLEEP particularly nights. The night is the time for vicious vampiring, and we have no control of that. As I said, it’s a true vampire fest. The comforting things is that they “tone down their howling” the more successfully we deal with them during the day. When we fully resolve a relationship, the person in question – parallelly and in reality – stops coming to YOUR vampire fest because you are handing out invitations by failing to understand/resolve certain relationships. Or you are still, perhaps, dealing with the procedure, and it takes more patience. There’s quite a lot to be done, folks. But, as Spark says, it’s nice to see that we are resolving ever new problems at higher sand higher levels.

June 10, 2008 14:25:04 | [leeloodesign]

... yes yes it’s quite probably that I did not take care of that other non-energy part... for the time being I have no idea how to proceed and in which direction (especially when mom is taken into account.. so it’s one day this way, the other day another way, and mom takes advantage of that and keep exhausting me in spite of my regular casting of the sheet.

I believe that as positive energy increases I shall find the right way to settle relationships... I let things take care of themselves, and when the time comes I’ll know how and with whom to

proceed... what is essential is that my darling little chakras have returned after four days of a heavy down and assiduous sheet casting:)
Love & regards, guys

June 10, 2008 16:50:44 | [littlebutterfly]

I think you were right, Serena, as far as I am concerned ...
This is the situation.
I'm just at the beginning, I haven't started spinning the chakras because I don't quite understand how to spin them, my brain literally does not work, that's how full of negative energy I am.
Who gave it to me? Nobody, I did. I got stuck in the role of the victim and crybaby, for too long.
One more thing, infinitely important I think.
And that is my having understood that I am not negative as a person. Quite the contrary.
I think I have a long road before me.
I'll keep reading you, and really wish you the best with all my heart.

June 11, 2008 10:37:40 | [Humptydumpty]

Hi guys, what's new? I see all kinds of things. I have quite a few nice things to report! The merry magic definitely removes fears, and that's most important for me. Here's the story: for four years my doctor has been telling me to have a thyroid surgery... sending my ass, driving me to do it! And I was full of fear, I just couldn't... and then, all of a sudden, the decision! As if something had cleared up and I understood, I can do it! I didn't tell anybody a thing (especially to my mother and sister), only my loved ones knew I was to have surgery, and two friends – I felt they would not send me any worry or fear energy. And everything went perfectly! No pain, no fear, I awaited the finding with no worry, I knew everything was alright. And everything's great!
Now that everything's behind me, people see the scar and ask, some are angry because – you should have told us, I am fond of you, we could have been with you, to help...hee-hee, what do you know! I see a tremendous difference in comparison with surgery I had eight years ago, when I experienced everything in terrible fear, and everybody knew I was having the operation, everybody called every day – how are you doing – and I was falling apart... eventually it took me six months to recover from a routine appendix surgery. Nobody had any idea what was the matter with me, why I was still feeling pain, what was the problem... well, now I know what is the problem.
I'm writing all this in order to tell you, guys, mum's the word, not a sound to anybody when you have plans, tight security is called for, handle with kid gloves!! You feel very well who can be told, and who cannot under any circumstances... mothers never!! So, these were my news, I am following everything on the blog and the merry magic experience of others means a lot to me... So, as the boss would say, take care!!

June 11, 2008 13:02:51 | [Sisi]

Hi folks, finally greetings from me. I have been following the blog two months and read the comments several times... I have not yet managed to get the book, it's been ordered and maybe I'll have it next week.. Until then I'll continue to read what's written here. It was Littlebutterfly that prompted me to call in because my problem resembles hers. I tried to do the merry magic immediately, after a few days of reading, and I faced the problem of visualization. At first I could not manage the sword at all, even today I am not happy with the result, especially the tying part which I can't apply at all. The black sheet came truly at the right time, hee-hee, although with me everything proceeds at a snail's pace, I believe that even snails would envy me... but I have a huge problem with chakra spinning. The problem is not direction, I can determine that in

a jiffy and any point is a vantage point. The problem is again visualization – I imagine the cones, and the circles, I even started to imagine small balls which begin to extend ... but after a few circles my thoughts wander off, who knows where... so it's all over again... several times, and I give up... So, comments and advice are very welcome:))))

June 11, 2008 20:20:51 | [Spark]

A familiar feeling, Sisi. Somebody won't get off your back. My thoughts also wander off, followed by fancies, then I come to, start again, until I begin to understand what is happening. I cast black sheets on myself and all the people I recognize as potential vampires. I keep the thought of the black sheet for a time. Only when the situation calms down, I start with the merry magic. Maybe my comment will help you. At any rate, watch the people around you and see – hear what happens

Hi

Spark

June 16, 2008 21:05:58 | mindpositive

Keep well, Humptydumpty, and I see you will because you are recovering nicely... you have described it all quite well. Maybe the description was too short for recent visitors, but there will be opportunities to describe in greater detail how surgery along with positive energy proceeds more quickly, more easily and without postoperative complications. And, the other way, how the negative energy of our immediate environment can affect and slow down or jeopardize recovery.

Welcome, Sisi. Spark's answer was quite good. Let me just add that many people do not se the chakras with their inner eye when they start activating positive energy – mainly because there's nothing to be seen since the chakras are a fluid energy form, now it's here and now it's not. As a matter of fact, you will create your chakras only by regular practicing of the merry magic and your determined intention to create and activate them – so that your energy becomes positive. Later on, when you're going to see them, and then miss them again, that only means that someone has stopped your chakras by vampiring. And then, always, the "black sheet" and the "merry magic"... after all, after reading the book and all the posts and comments on this blog, you will become a master in positive energy.

Bee, active vampires, as I also said in the book, for a time benefit from their vampiring. Over a longer term the benefit decreases and the damage increases, because they have to reinforce negative spin in order to attract energy into their field... soon even that will no longer be possible and the path of decay intensifies. Moreover, if they also have another active vampire "above them", and they OFTEN have (mainly an old parent, sister/brother, friend) their energy balance is pretty poor. Hence the high blood pressure, but also anemia and all other possible diseases. Like any other, vampire hierarchy has several degrees. You are arrogant toward those below you, apple-polisher with those above and letting them trample you. You trample and are trampled... what a beauty. I should start again with stories about real people and events. I have a sackful, but no time to write.

June 12, 2008 18:06:43 | [Bee]

As regards my sister, things have also fallen into place but I did not want to see that. Her health took a turn for the worse over the past three or four months, just as I started the merry magic. My dad is an active vampire, but that has no effect on me, probably because I have – even since I know about it – cast the black sheet over my folks, but not over my sisters, and that was a boner. When I freaked out and had a crisis, my sister reached a critical phase (as I found out now)... but the good thing in all this story is that I, notwithstanding my crisis, managed to help my sister to

pull herself together and finally go to the doctor. Alone she would not have done it, I'm sure. You learn on mistakes, so let's carry on. I also explained the merry magic to my sisters and gave them reference books, but they only experimented occasionally with the black sheet, and I don't know really what they make of the chakras. I know they feel resistance and fear, probably because of their poor experience with Reiki. But now we have the chance, when she comes back from hospital, to talk serious about everything, and if they keep showing no interest, my only way out is get away from them for some time. Otherwise, my sick sister was always an "authority" before me and played Hitler 2 (mom was Hitler 1). I thought things had changed, but thinking is obviously a four-letter word...
Have a nice spin!

June 11, 2008 21:08:38 | mindpositive

Bee, here is a subtle but an IMPORTANT, ESSENTIAL, CRUCIAL difference. I keep repeating that we need not WISH to help. Because people with negative energy as well as people who don't understand and don't do the "merry magic" can't be helped. They strain people around themselves – people who activate positive energy – so much that it becomes unsupportable.
Essentially, we do help them with the "black magic", but that is not enough for that true and stable well-being. But when we WISH to help them, and they don't want to help themselves because they refuse positive energy (flirting and superficial enthusiasm without the exercise of the technique and understanding, such as practiced by your sisters, does not count), our WISH to help sinks us and we begin to regress. Because we take over all their problems (although we did not want to, but that's the way it turns out), and we have no potential to resolve their love, family, friendly, financial and other complications. Of course, our WISH is understandable, I also feel it time and time anew, but for who know what time I find out that I have failed. They just managed to set ME back. And when you think about it, that's logical. Because people DON'T WANT TO HELP THEMSELVES. How can other help them, then? Maybe they haven't sunk deep enough to wish for surfacing. How to surface instead of them? That's what I have been telling you when we generally speak about the reason why we put the "black sheet" over someone (not counting our children). Then we don't INTEND TO HELP. We INTEND TO PROTECT OURSELEVS.
As for your sisters, your conclusion is good – you'll talk with them once again, and if it turns out to be a dud, stay away until further notice. Because you tried to gain allies, to everybody's benefit. Huge benefit.
<u>Let all this be clear once again – we REALLY help with the black sheet, but we need not WISH to help.</u>

Which is quite contrary to the usual situation when people want to help and actually cause great harm to others, by reinforcing negative emotions and sympathy, and by supporting the mistaken ideas of the people they are "helping", because they don't know better and don't understand. Those who know nothing about energy want to help, and cause harm instead. We who know positive and negative energy need not wish to help – and help nevertheless – by stopping negative energy.

58.

Thursday, June 12, 2008

Morning hangover – after a sober evening

Again something practical. Against morning hangover. At night you probably wake up, as though you have to pee. Even several times, perhaps. That is supposedly "normal". And in the morning you wake up as if you had drunk at least a bottle of strong red wine the evening before. And you did not, not even a drop. If you don't have to go anywhere, you stay in bed and doze for another hour or two, half asleep, unable to muster the strength to get up. If you nevertheless have to go somewhere, it takes a superhuman effort to roll out of bed. And then, coffee first, possibly a cigarette. God alone can help anyone trying to address you before you have gulped the coffee, a mug, no less. That is, supposedly, your "style and way", so everybody< needs to respect it. No chance of any exercise for at least a dozen minutes. You don't have the strength for it, even less the will.

I know you don't.

Everybody thinks this is normal because this happens to many people.

It has been explained a long time ago that what happens to many is not "normal", even if it does happen to many. But in the average thinking in average heads this is nevertheless the basic criterion for "normalcy" and, therefore, unquestionably accepted.

Normal? Are you kidding? There is nothing normal about it. All that mentioned above IS NOT NORMAL.

If you are such a case, and you almost certainly are, you should know that you are fiercely besieged by negative energy why you sleep. This is the continuation of my story in my post about fatigue and apathy. The cause is the same.

So, what to do, then?

You can't do anything why you sleep. But you can when you wake up.

First, when you wake up don't doze even a second because seconds will turn into hours and YOUR vampires will devour you like sharks. They will be spoiling for new victories, but you won't. In particular, do not sleep longer and don't loll in bed

on Saturdays and Sundays.

Before that, in the evening assign yourself the task that the next morning, when you wake up, you'll dash out of bed THE VERY SAME INSTANT like a bullet.

Second, the "black sheet", immediately, over yourself and all candidates.

Have you taken a SPONTANEOUS deep breath? You have, good.

Third, washing and showering right away.

Okay, okay, coffee, a cigarette. Don't try, yet, to eliminate that. One day this will occur to you, and you will feel no qualms, no "have to" feeling, and then you'll be able to do it.

In the beginning you will not feel like exercising, limbering up and stretching. But that's alright. One day you will wish to do all that spontaneously, and soon you will be prepared to do it. After you have duly done steps one through three listed above. There is no point in exercising if it is a "must", "feeling of duty", "qualm", healthy living "under duress". For any action under duress you will be stealing energy from a person weaker than yourself. After you have "wound up" positive energy, little by little and spontaneously you will be in the mood for doing all the things that are good, desirable and healthy. You will spontaneously feel like engaging in all kinds of activities as your energy grows, because your physical strength and mental clarity will also grow that way.

I almost forgot – in the evening, before you lie down, the "black sheet" ("press") on all candidates as the last item on the agenda. And when you wake up at half past two in the morning and go to the bathroom with a heavy head, remember the "black sheet" and, while you do what you have to do, spread it all around.

A witty person could produce a funny comic based on these instructions, but you just try to practice all that and you will se that there is nothing funny about all these things you are going to do – and you will laugh all day because you will feel great. Of course, you will wave the "black sheet" by day as well – we have already learned that lesson. Is that a nuisance? Who knows how anybody will respond to all this. But I know that it's perfect to have clear head and enjoy a good mood already in the morning. I don't think that the suggested light morning discipline is demanding at all (other than asking you to wake up at least half an hour earlier), particularly if you compare it with the result. I am talking from experience, you already know that.

So, let me know how your productivity has improved along with your mood, will for work and life, the number of smiles you sent and received. And let me also know the number of your “rejection notices”, even if made in a teasing manner, because that also takes energy/strength.

Stay alive and kicking!

June 13, 2008 9:10:32 | [Sandra]
Hi everybody,
I am a new merry magic practitioner with just a few days behind me, but I have a problem with the direction of spin if I start from below, from the first chakra. However, if I start from the seventh and then continue with the sixth, fifth... and then the first, second in the back, and make that way a full circle, everything proceeds naturally and easily with no delay. Please let me know whether doing the merry magic this way is alright until I achieve a higher frequency and become capable of visualizing all the chakras at once?
June 13, 2008 13:39:25 | mindpositive
Welcome, Sandra. The best way is to spin chakras one by one, in pairs: the front and the back part of every chakra (or the back and the front one, same thing).
The order is not crucial. Yet, your order is very questionable because you are a beginner and because, as a rule, starting the chakra on the top of one’s head, the so-called spiritual chakra, is the most difficult; therefore, I would suggest, in your case, starting from some other position; best from the chakra below the navel then upward, and finally spin the chakra at the bottom of the spine and the one on the top of your head, the two being a pair.
This is essential: ALL the chakras should be spun pair by pair. Clockwise, of course.
If you don’ see a chakra, or find it difficult of determine its direction, that chakra and its zone in the body have a little problem. You keep spinning the chakra in question even if you don’t see it with your inner eye, because soon you will be able to see it. Confirmed here by the more advanced. Not frantically, of course, but as leisurely and calmly as possible.
June 1, 2008 9:37:41 | [Bumblebee]
Reading the post this morning I really had a good laugh (what a witty way to describe our “problems”):-) So, we start the day with a laugh and a smile... Otherwise, I have a problem with night visits to the bathroom. So, I think half-asleep: if I go, I’ll be wide awake and will be fit for nothing the next day. If I don’t, I’ll maltreat my bladder. So I strike a compromise – I reduce the water intake during the day. Not too clever, really, but practical. I’ll listen to you and let you know the results. Have a nice day, Serena!
June 13, 2008 9:57:32 | [Sandra]
Thanks for the quick answer, I’ll follow your instructions and let you know when I see any progress. And keep reading you regularly and enjoy new posts and comments.
June 13, 2008 13:32:31 | [haloefekt]
I have already been doing all that, although it has not been recommended explicitly. I was “off” for several years but over the past six months I have actively been putting myself in order, and in the process the merry magic contributes significantly to the return to the normal!!!
June 13, 2008 15:42:35 | [leelodesign]

This post was quite welcome because my “working” day with the baby starts at 4 a.m. :) ... I have discovered another active vampire whom I forgot owing to circumstances... it is a colleague from the office... as I don’t work for a year I naively thought that she cannot ask me anything else... but I was wrong... and I detected her after I felt, one day, the same sensation I used to experience after having spent eight hours with her (at the end of the working day that was already a negative disaster and nervousness on the brink of impotent tears)...
Question – the baby’s cramps... does the negative energy play any part in that or is it just nature (my baby has cramps at funny times of the day, not before or after meals as I read in books but during the meal, sometimes she screams so much that my heart aches and she hardly eats anything... I cast the sheet a few times before feeding her, but only after I “discovered” my colleague the baby, at least I have that impression, calms down and starts to eat... is that a happenstance ... I don’t see why my colleague would skip me and vampire the baby... or what?
Love
Nataly

Jne 13, 200820:19:23 | mindpositive

Nataly, on the basis of your story I can’t see whether there is still an energy link with your office colleague or is there something intricate (or) something else...

Baby cramps. A major secret. I have a “Ph.D.” on that because my daughter had terrible cramps for a long time. If you remember, that’s how my adventure with *Geometry* started. Although I did not study other cases with baby cramps, I am convinced that the exclusive and only cause is negative energy. But, let me note, fairly speaking you can’t draw such an inflexible conclusion (such as mine) on the basis of one case. I draw it, nevertheless, with the foregoing correct note. And anybody is free to draw his/her own conclusion. Yet, whoever has a baby can easily check that, and I am suggesting the following way: Nataly, fifteen minutes before you start feeding Mila, put the “black sheet” over yourself, your mom and dad (you wrote that quite a few diagnoses are involved) three times. And continue also while you are feeding her. Observe. Then add the other members of the family if cramps don’t stop after the first grandpa and grandma pair.

June 15, 2008 19:01:28 | [Old Sun]

Equilibrium, I understand you when you say that you’re not interested in the same things as before. I have a similar experience. And, in particular, I’m not interested in a cup of coffee with “the girls”. I have totally excluded them and I don’t miss women at all in my life! As regards my relationships with colleagues in the office, I just get it over with just as much as it takes, and I have no time for the rest, i.e., private contacts, nor do I want to find any. They are negative and my body can’t even think of sitting with them and spin yarns!

June 16, 2008 7:34:35 | [Bee]

Good morning everybody! Girls, I’d like to hear about your experiences (if you’re willing to share them, of course) with your husbands ever since you started doing the merry magic – and especially the experiences of those whose husband don’t do the merry magic. Namely, my husband has definitely decided that he does not even want to hear about the merry magic, and I dare not even mention it to him any more (at least for the time being). I have the feeling that he is enjoying all that and does not wish to see, he sees, but does not wish to see...
So, my question is, what next...

June 16, 2008 10:43:27 | [Hope]

Bee, my husband is familiar with the merry magic, he supports me, but does not do it. I spin, cast sheets on myself and on him. I notice more changes on him than on myself. He is OK with me, sometimes he beats me to the draw and surprises me...

June 17, 2008 10:43:27 | [Lucky soul]

Dear Serena,

I read your book with great interest, the first and second time, and the third (not the last) time with some skipping, and quite a few posts on internet. On the basis of all that I have created a specific picture, and I would like your confirmation or correction, and answers to some questions. Here they are;

I did not quite understand how a nice and quiet vampire succeeds in stealing energy. Do we always have to feel any symptom of negativity (a physical or mental sensation) in that moment?

Are you sure that children cannot vampire adults, i.e., their parents?

Do a vampire's chakras always spin in the negative direction, or can they spin in the positive direction after a theft of positive energy?

Since money is energy, is taking/receiving money from others (living off somebody) also a form of energy parasitism/vampiring? Does a shortage of money show that someone is draining our energy (maybe from the first chakra)?

Are adult children who keep applying to their parents for help or seek intensive contact with them (by phone/personally every day) victims or vampires?

Can you explain why I started to eat a lot and gain weight since I started doing the merry magic? I also drink a lot of water and, consequently, often visit the bathroom. (At night, after a long time, I sleep like a log).

My husband is the one who bought the book and was full of enthusiasm about it, he is lively and hale and hearty. He only spins chakras once or twice. Is that OK?

THANKS FOR YOUR PATIENCE AND COMMENTS, GUYS

June 18, 2008 13:13:39 | mindpositive

Welcome Lucky Soul. You sure are lucky when your husband brought you *Geometry*... and practices the merry magic. Two or three times a day, you say. This is not enough, says the book – let him carefully watch out for all changes, and you do it with him, and good observation will show you that two or three times a day of merry magic is not enough. His being eager and happy is not enough, you and the children also need to feel that way. Then it's OK.

A nice and quiet vampire steals energy because he/she hides negative emotions very skillfully. Experience has shown the vampire that energy can be snatched much more easily by using compliments rather than by open aggression. Psychologists know well that even "good guys" have a heap of repressed and unsolved material in their subconscious, that they can be passively aggressive. I recently wrote about that in the post. When somebody vampires us we don't always feel a physical or mental reaction. In the beginning this is the case because we are not sufficiently sensible or careful. Later this occurs with people that begin to vampire little by little, and it's almost impossible to notice that. You only notice it after the vampire has completely beset you and switched onto your energy. This usually happens with the "good guys" – and it's

very unpleasant. Nevertheless, sooner or later you see what is going on and you respond. Often you only feel pain several hours after the encounter. If the visitor had been pressed during the visit, after his departure this would happen less frequently. People always speak of pain, talk about having gone to the doctor, and you will notice pain in your knee if the visitor had mentioned his knee problem.

Small children rarely vampire their parents, but they can vampire other children. And grown-up children? They have already learned the vampire trade, but I think their vampiring of their parents is a rare exception. This is simply because they have more energy, because of their youth, than their parents, and because the hierarchy is so well-established that it is almost impossible to break it. Except in cases when the parents do the merry magic regularly and often – then grown-up children (even teenagers) can vampire them, and in most cases do, again in line with the logic that the parents have more positive energy. In any specific case this needs to be studied well, and the energy flows monitored along with the visible behavior of all the protagonists.

Do the chakras of an active vampire always spin the other way round? No, otherwise he would die very quickly because of that. On the subject see the high blood pressure post – published two or three months ago. You asked whether his chakras spin clockwise after vampiring. No, they don't. They stop and remain still for an hour or two until the vampire spends what he/she has stolen.

Money is a major symbol of negative energy, but only if people "don't know what to do with money" in any sense (they don't know how to earn it, spend too much, give away too much considering what they have). Often the people living off others are often energy-victimized by their parents. That is why they have no money because their parents deliberately program them for being incapable of earning money in order to keep their child close, dependent on them, and then they hold the child in check for total vampiring. This is the beginning of the story. The other persons vampired later on by such people derive from that. There are two examples of the kind in the book. I guess opinion that this question called for a different answer, which is why those two examples in the book were not taken into consideration, as if "they don't refer to me".

Entirely the same holds good for "grown-up children who constantly apply to their parents and keep phoning etc.; they are also greatly victimized by their parents who program them for such behavior in order to vampire them more easily. My daughter does not call me either for herself or for me. We lead independent lives and have full confidence in our ability to lead our life as we wish. When some more time passes (e.g., several weeks) without our calling or seeing each other, one of us does call, ultimately, to observe form. If anybody needs something, the person involved normally calls... but that is a rare case, I mean, somebody needing anything.

Some people lost weight after they started doing the merry magic, others gained weight afterwards. When you start doing the merry magic and gain weight, this is exclusively a sign that you are truly under a high pressure of negative energy and that the body is cleansing itself... Observe carefully, and you will see that you always get thirsty after a stronger vampire attack, and then you need to drink, but also to go to the bathroom, which is a good sign. After all, water does accumulate in the body (excess pounds) until the negative onslaught has passed. So, all your joints will swell for a few days, and then it will pass. And then again...

June 17, 2008 17:32:34 | [sunshine]

It seems, Serena, that you are reading my thoughts because even before this post I thought it was normal to rise every morning so tired and exhausted without having engaged in any exhausting

activity the day before. That was the case recently in a period of two-three months when I almost stopped doing the merry magic because of pressure in my head. Last week I again started to defend myself and spin, and after the initial takeoff my vampires squeezed me again, mostly at night. Pressure all over the place, mostly in my head, moving then to the throat and heart chakra. The crisis shook me for three-four days, but I did not give in, and now I have the feeling that I'm coming out, just as Jasna mentioned in a former comment. However, when I compare my mood during that pause and now after the merry magic, it's like night and day in energy terms. I feel much stronger and determined with more energy. I recognize the attacks and defend myself as much as I can. And every night I feel like leaving for a battlefield. Bye

June 17, 2008 18:49:11 | [Equilibrium]

Sunshine, how do you succeed in identifying your vampires? That is science fiction for me! I try to use a pendulum in order to get answers about who is vampiring me, or to see whether I am overwhelmed by negative energy. If my immediate family is not involved, I have no idea who could focus on me sufficiently for me to feel that as vampiring. I keep asking at random, picking persons that come to my mind, but the answers are sometimes so incoherent. Or are they answers at all, or is it my self-suggestion that is at work?

Who knows why Serena picked just this moment to write about morning hangover?! Or is nothing accidental? Maybe she knows that this is a theme for some of us that call in? I'd like to believe that she experienced that herself and that this is only a passing phase (whatever it may last, but, as short as possible, please!), after which freshness and dash await us since early morning. I am glad to see that men also report similar experiences in order to avoid attributing all that to years, female hormones (or lack thereof).Thanks!

June 17, 2008 21:05:46 | [Humptydumpty]

Do you know how I detect my vampires, Equilibrium? A few days ago I sat down, took a sheet of paper and pencil, and started to write names, from my mother, dad, friends, people I clashed with a along time ago, "kind and good" women, salesgirls in the store I visit every day, people who dabble in things spiritual around me... and took me a long time, of course, before that the merry magic, and the black mantle every now and then, I wrote a whole page and then struck! Gee! The black sheet on each of them and I listened to the reaction, and if I took a deep breath – bingo! There you are, huh? You won't get far, d'ya hear!

I was most surprised when I found out that true vampires are mainly these "spiritual guys whom I regularly avoid recently, the reikists and the like, sighs were the deepest when I ran into them! Oh, how does that sound! And they are also the hardest cases, because they have no idea about the problem, they just repeat the same spin "all that is the same thing", Divine love and positive energy! The hell it is! Why, then, am I falling to pieces when we are together? The answer is – I don't open to that energy because my heart is closed and ... nyahh!

So, this is my small piece of advice... it sure does take time but it works, so stay alive and kicking, all of you... kiss-kiss

June 17, 2008 21:36:18 | [Humptydumpty]

And, for the end, just a bit on today's events... our guys are playing fine, aren't they!? I pretend not to be interested but it carries me along and I start yelling in front of the TV screen together with my husband... and he pulls my leg... isn't this merry magic great, ah!!!

June 17, 2008 21:50:45 | [Bee]

Just to follow up on Humtydumpty's comment.... Ten years ago I got initiated in Reiki. From the beginning I felt that something was wrong about it, and finally got the hang of the problem. A

Reiki master hooks up to the aura of his student. And what is that but direct energy theft? Unfortunately, I did not know that at the time, but it's never too late to break the link. That is why reikists and the likes of them are so "dangerous", it's just that they are not conscious of its in most cases. When I asked my Reiki master about the hook and the energy bond she gave me an answer (which she also probably got) that had little to do with any logic – not to me, anyway. And at the energy level her reaction was a true gale, no, a tornado. But she is stuck in her groove, probably finds it easier than changing anything now. Otherwise, she has a high blood pressure – meaning, vampirella activa.

June 18, 2008 13:59:28 | mindpositive

Thank you for the extensive report, Equilibrium. I shall try to answer briefly to some points. You lack positive company - don't insist too much on company and associating. That involves too many bad, i.e., vampire habits. As a matter of fact, we associate too much without a proper reason. And the basic motive is – vampiring. In one crowd we vampire, in another we are being vampired... Learning to be alone is good. Especially in this phase, when we have a lot of energy cleansing to do, and don't ourselves have a clear idea of what it takes. There is no comforting thought – it will take time.

So, says you, hot flushes, menopause... I certainly do admit both the menopause and adolescence. But not the fact that these are, owing to "the nature of things", hard and problematic periods. Maybe the babes who start caring for positive energy in youth will experience menopause much later. Now we don't know. But whoever started watching for positive energy just a year or so before potential menopause can't expect it to come later or much later. The body has collected negative points for fifty years – and cannot recoup that in a year or two of positive energy. It can, some of it. How much – that depends on the individual, and it calls for long-run collection of data in order to get a statistical insight, and that is missing for the time being.

Hot flushes are a special phenomenon; I would not attribute them to menopause at all, but rather to complaints due to negative energy: you ought to have them regularly when you stop a strong negative energy attack, and hot flushes are usually preceded by chills. Regardless of sex and age. Has anybody got any experience with hot flushes after starting with the merry magic?

I will have to explain in a future post the bizarre theme about house cleaning by scowling housewives, which you have mastered fairly well. Until then let me suggest the following: don't cook, cheerfully don't go to the market, don't buy bread and milk... but cheerfully, cheerfully, cheerfully. And when they ask you why is there nothing to eat, you again respond cheerfully – so what, the house has not been vacuumed or cleaned, you haven't done your share either... Divide tasks as employees in a company, nobody dares say he/she does not feel like doing anything, right? Scowling housewives apparently find it so difficult to remember this simple solution because in that situation they want to dominate, have everything under control and be the victim, etc. Quite a demanding job...

June 18, 2008 0:15:38 | [Sunshine]

Equilibrium, the first on the list of my vampires sleeps next to me, the remaining two are my mother and my mother in law. For the time being I have not expanded my list and I think that we are mostly vampired by our next of kin (and the other way round, it is mainly us that vampire them), so that we need not care too much for the others. In my experience, it is better to focus on

oneself and stop one's own energy with the sword, and then stop theirs with the sheet. In this I use all methods, including if necessary the vulgar one. For the time being everything works and I feel that pressure is dropping. Good luck.

June 18, 2008 13:59:28 | mindpositive

Don't forget to read Sunshine's comment of June 17, 17:32:34. To see what the man has experienced and how he has found out how hard things can be, physically and mentally, when you start doing the merry magic and focus on positive energy, and how much harder they can get if you stop and surrender to negative energy. Not to speak about how much this sets you back. Sunshine has given it a try, and reached a conclusion. The best method. You can always try everything, even spin the chakras the wrong way, just observe and think.

June 18, 2oo8 13:31:52 | [leeloodesign]

Hello, I don't know what hot flushes in menopause look like, but I now that I have been fighting bouts of heat and sweating in emotionally tense situations throughout my life... my palms and feet are particularly sensitive (sometimes sweat literally drips off my hands)... the strangest thing of all, my brother has identical symptoms... and I have always kept asking myself how can we respond to emotional stress so similarly? Sometimes I just sit alone and my palms sweat... for no reason at all... does that mean the vampire mom has a hand here, too?

June 18, 2008 14:13:12 | mindpositive

Nataly, these are the hot flushes and sweating I am talking about. Some people have them all their life, regardless of sex. Some women have them only in menopause but, in my view, they are not a sign of menopause. I have not yet found a good explanation of the reason why menopause intensifies them and becomes more frequent.

Therefore, the thermal response of the body to a vampire attack, i.e., negative energy. First it's cold, little by little. That can take half an hour up to an hour or two.

That's at least how it goes with me. Then, all of a sudden, a wave of heat with possible sweating. If you place the "black sheet" over the right person in the moment when you feel the heat, the heat wave will abate in two seconds in its inception and will not develop strongly.

That is a very accelerated film of what happens with a cold. With a vampire attack to which we respond with a "black sheet" or the "press", the whole sequence stops in two minutes; with a cold, it is first cold for a half a day up to a day, temperature then follows for a day or two-three. Altogether four-five days, not to speak about the consequences for the whole body, for your working capacity etc. As temperature increases the body strives to overcome the unfavorable circumstances (lack of energy).

Personally I found the phenomenon very unpleasant. It's unbearably hot, and even my mind blurs for a few moments. If I don't stop the heat with the "black sheet", the heat can last longer. Especially at night, when I wake up in a sweat and a very heavy head.

June 18, 2008 22:04:23 | [Haloefekt]

Hi everybody. Serena asked me what happened with me before the merry magic. I used to function all day, and as time in the office passed, I felt worse and worse: fatigue increased, but I had to work. At home it took me two hours to come to, but even that grew worse. I felt a little better if I had a bite (it all added to my weight even if the quantities are medium and below

average!), but by half past nine in the evening I reeled and at eleven reached the brink of collapse. The last stage of exhaustion was a kind of fever, and in the middle of the night I would wake up, apparently rested, but actually felt like I was burning. And then, in the morning, more or less alright, more thanks to a rational impulse and will than to physical strength, and then the same story all over the again; at eight p.m. on Friday I was more dead than alive, absolutely brainless and bodyless: a true zombie. And now a question: considering night-time vampiring, would it be more clever to accumulate and strengthen positive energy towards the end of the day and then pay more attention to that than in the beginning?

June 18, 2008 14:13:12 | mindpositive

And do you feel any better, Haloefekt, after you started doing the merry magic? There's no good protection at night, but the "black sheet" helps somewhat, before bed-time as I said, and when we wake up during the night. And in the morning. It's always important. But don't forget to spin the chakras after you have stopped the negative energy. Devote time to that, as much as possible.

I still don't understand why so much vampiring takes place during sleep. And it does. The same protagonists are at work, just as by day. And, let me repeat an observation – when you hit the vampires by day ("black sheet"/"press"), they will appear less at night – that is, if some of them stop appearing by day, they will, apparently, stop appearing by night as well.

June 128, 2008 22.15:56 | [Haloefekt]

Definitely better, but there are ups and downs. About ten days ago, total fatigue which – as I have seen on the blog – swept everybody. Over the past five days, night vampire attacks, but they abating. Today I managed to beat off a personal encounter with a vampire, but vampiring via the internet has it charms although the effect is lower than over the phone or though a live encounter. Still, if you can't avoid something completely, constantly and carefully used anti-vampire instruments are the perfect means.

June 18, 2008 23:47:39 | [Sunshine]

Haloefekt, my experience matches Serena's. The better I defend myself and the more I spin by day, the easier I feel at night, but before falling asleep, a clinch with my vampires is a must, using not only the black sheet but also all the means mentioned before by Serena. In my view, it is essential to verbalize your intention to stop their negative energy and tell them to get off you, as many times as necessary, and then spin your chakras. If even that does not work, I usually leave that to my higher self to deal with it, and this usually functions quite well. Good luck.

July 29, 2008 17:1o:26 | [Renata]

Your book literally saved my life and came into my hands just as I was desperately wondering what else I could do (and had not tried yet). M0st important of all, I got the so much wanted answer to my question: "Where did I make a mistake, what's wrong with me, how to improve?" Now I know that I should actually ask: "Why?" Because without that question there is no help, no progress. I was fed up with people telling me: "You must not ask why, that's the way it is", or hearing similar useless comments. I persistently opposed the attitude that I must accept such a life, and then came across *Geometry*. Seek and you shall find. Since I tried everything else, without any improvement, I decided to apply the techniques in the book, and see what happens, because things can't be worse than they are.

59.

Thursday, June 19, 2008

The winners

Even if they are many, I did not see many martial arts movies. However, for a strange reason, I saw all Steven Seagal's movies – thanks to TV, some even more times. And now this comes in quite handy for what I want to say now. Let me add on top the movies of Clint Eastwood from his early phase (inspector Harry Callahan) and many others in which he plays heroes defending supersuccessfully the weak from really bad evil. Maybe you will remember better examples, but that's not crucial. I just want to illustrate an idea, the idea called THE WINNER'S ATTITUDE. That's what we need psychologically. I have chosen two examples where heroes are unquestionably in the service of GOOD; essentially they are always in a defensive situation and that is a built-in assumption we shall not discuss any more. Come on, remember those fairy tale movies. For that's what they are, fairy tales for adults, because you can't find such characters in real life. Yet, they can inspire.

A physical fight is the simplest situation for explaining the winner's attitude. We don't have to philosophize a lot about good and evil. When someone attacks you physically, often you can't run away and then you must KNOW how to fight: first, you must fight not to end up on the ground with a bloody head; second, you must have the WINNER'S ATTITUDE.

So, let's repeat the lesson – at the recognizable physical level, negative energy is FEAR. Fear which rarely appears as fear and is very often masked in all the other negative emotions and traits (jealousy, hate, envy, aggressiveness, rage, sadness, sympathy, laziness, superficiality etc. etc., plus other apparently positive ones, not to list them now). As we said, we are all beings of fear because all the people operate on a negative energy drive (therefore, passive and active vampires, too, in my categorization).

Therefore, we are all COWARDS. More or less, almost there is no difference. They started to educate us in fear already in our mother's womb, and nobody stopped that education and such socialization. That's why we like stories and movies about invincible heroes. Because we feel how much we miss that, we feel our cowardly heart and wish to believe, at least for a moment, that there are people who are not like that, we want to see what it would be like to be strong, stronger, defend good,

defend oneself, defending the weaker person.

What does the invincible hero, Seagal or Eastwood in our examples, need to be invincible in their fights or duels? Perfect martial (shooting) skill always surpassing the skill of their opponents. Possessing the skill, which they acquired and maintained with a lot of effort and dedication, they have the cover for the WINNER'S ATTITUDE. They KNOW they can beat almost anyone. And they have a line of retreat: if they don't win, they are not afraid of death or defeat because they undoubtedly fight for GOOD. Therefore, skill, absence of fear and moral correctness.

And now I'm reaching us. We have understood the basic idea of POSITIVE ENERGY, we have experienced it, but we have also reached greater problems. In this moment, more than ever before we need that WINNER'S ATTITUDE. I feel how you need to build it consciously, flouting your past loser experience (unless you are an active vampire), the one before the "merry magic".

Positive energy has given you – by definition - the impulse toward fearlessness. But now it is IN you, INSIDE, the fight between fear and cowardice, between positive and negative energy. And you actually have the same situation outside, in your relationships. When negative energy squeezes you, it is normally associated with a variant of the feeling of fear. You then take steps on the ENERGY field, you stop negative energy and activate positive energy, and that is the only guarantee for strength against fear. Tops.

However, you need to become internally aware of the WINNER'S ATTITUDE even now, as just beginners with regard to positive energy (later on you will have it spontaneously). Because you have the strongest martial skill in the world, and that is POSITIVE ENERGY. You have an absolute cover for COURAGE, for BELIEF IN VICTORY. You also have a line of retreat – you will not die in this fight, that is certain, and you know you are fighting for GOOD.
And the winner's attitude is training from childhood. So far you have constantly been torpedoed by fear, all your life, and did not even think of WINNER'S ATTITUDE. The whole environment, culture, the supreme authorities ("shame your abuser with kindness"), they all led you to COWARDICE and DEFEAT. Be good and shut up. Be obedient. And that's what you were because you knew you lacked the strength.

Hey, now you have the strength! And add to that the never tested WINNER'S ATTITUDE. Begin to educate yourself consciously in that spirit. Be your own mom

and dad and do what they didn't do, your age does not matter.

In order to feel the WINNER'S ATTTITUDE, because that is strange to all of us, let us inspire ourselves with the winners. Let them be fairy tales and fancies. Whoever made such movies also had a deep need for invincibility and tried hard to evoke that on screen. Movies are an excellent medium for that. They are convincing. Get convinced that there is a WINNER'S ATTTITUDE. Since you have not had an opportunity to meet such people and follow their example, watch them in the movies and get an inspiration.

Follow the self-possession, concentration, skill of these heroes (they side with the good), their superiority, willpower, determination with which they tackle the most difficult situations. And they win. And follow their relaxed manner. Seagal's humor and Eastwood's ironical rebuttals. That is not movie fiction. That's that. And apply it when you next place the "black sheet" over someone.

Stay alive and kicking!

June 19, 2008 10:38:10 | colonia-tino
... the winner's attitude is in the head... you need to have it, and then everything's ok...
June 19, 2008 10:56:01 | mindpositive
That's old hat, Colonia, because that proposition has been popularized at great length in the public in various ways. But it cannot be REALIZED without POSITIVE ENERGY, i.e., it cannot be realized without REAL STRENGTH AND SKILL (and we have provided for that with the "merry magic")... it is not at all enough to "have it in your head". This post has been written with that assumption in mind, and regular readers understand and know that.
June 19, 2008 16:59:08 | [RED]
Sure enough! WELL DONE, Serena! You are an excellent guide. Thanks! No wonder that I got involved in the "black mantle" at this point (I need it)... and today, since this morning, I have been reading all the posts and comments on the topic (I got interested in that a long time ago, and almost got going, but now's the time to get actively involved)... we "know" a lot, but what it takes is WORK. This intuitive recognition and understanding is already healing. I am delighted with the sincerity of all those taking part (that's close to me). So, thanks everybody and keep going! PS I'll join with some of my "victorious" experiences or questions...
June 20, 2008 8:28:08 | gingo
Dear Serena, I work with younger children (eight-nine) and I have the impression that they are excellent models of the energy profiles you talk about. This winner's attitude idea is also visible in all people with negative energy regardless of the segment of life – sports, intellectual or social – in which they want to achieve success. But people who also respect fair play without any jealousy, envy or aggression are rare. My role is only that of "routing" the direction of that energy so that it can create itself a space, but I am often crushed (especially when parents get involved), I swish with my sword with all my might, cast little nets; it will take me who knows

how many years to reach Seagal's skill :))

June 20, 21008 11:14:07 | haloefekt

Serena, I first asked myself what was the purpose of this article, and why should we now convince ourselves that we have a winner' attitude? And then I remembered how I caught myself, over the past week, thinking that it would not be fair from me to have a new guard toward people. As if I were depriving them of something. Maybe I am selfish and self-serving? Then I had to remind myself that it was only an old habit according to which you are always and constantly supposed, without any criteria or showing your own will and, God forbid, trying to implement your own goals, to be kindly at the disposal of others, and that reduces you to nothing else but a carpet for others to come and go as they please, turn it over at will, and then look for an item that is softer, more pleasant and thicker, with livelier colors. Therefore, if we don't want to turn into a rundown rag after having been a fine carpet, we must have a winner's attitude!

June 20, 2008 11:46:22 | [Equilibrium]

Ging0's comment stimulated me to think about the guard assumed by children when school (as a system grinding everybody involved: victims all over the place, and the culprit is not known) gets hold of them. Do children enter school with a natural WINNER'S attitude, if there is still something left of nature after they survive the seven most vulnerable years in a classic family or kindergarten? Or are they forced to assume a COMBATIVE ATTITUDE? These, in my view, are not synonyms. Combativeness assumes an adversary. And the winner need not face a defeated person. The winner need not necessarily win in a battle. But if there is a battle – he will fight FOR HIMSELF and not AGAINST THE OTHER. And the ultimate goal of opposing communication, instead of the customary winner-defeated outcome would be – in a positively oriented world – a winner-winner situation.

June 20, 2008 22:36:40 | [Emma]

Hi, Serena! To start with, thanks! Let me join the blog... I have been reading the book for the second time, and I am thrilled again with every page I turn. It is all so simple when you want to change something, yourself. I have admitted everything to myself, gathered in which relationship I was an active and in which a passive vampire. And I must boast I am doing well, the smile is there, situations occur at the right time, I watch the behavior of people around me, everything around me is still the same and yet somehow different. I wake up and fall asleep with the "merry magic", and cast the mantle, and it works... here and there I feel a negative wave, but I just cut the inflow and spin my chakras. Interestingly, when I observe that and feel unrest, I feel terrible pain in my arm. But after cutting, and spinning chakras clockwise, it abates. Now I'm analyzing this. Regards from Emma!

June 21, 2008 21:02:13 | [Bee]

I went to se my doctor, the thyroid is OK for the time being, I don't need hormonal therapy (although my former doctor spared no effort in trying to force pills on me). After a hundred years the Papp test is also all regular, some wee myomas are still giving me a bad time, but they have also gone down. That goes to prove that everything can be done (although even I sometimes find it hard to believe in that) if you are dedicated and have the necessary tools. And I finally have the tool thanks to Serena.

60.

Sunday, June 22, 2008

As long as there is a fight, you need to win

So, you thought and thought, and hit upon it. Winner's attitude. It did not sink in at first, did it? That's why I wrote the post. Because you lack the winner's attitude. You were also confused because I have kept telling you that COOPERATION is one of the basic achievements of positive energy. We don't need a winner's attitude when we cooperate. True. But, as I already said, in the meantime you have to cross Middle-earth. Now you are still in a hundred whirlwinds with negative energy. That means you are still FIGHTING. Fighting yourself, fighting others. Fighting your own negativities, fighting those of others.

And while there is a fight, one must WIN.

The two basic groups which I have defined – passive and active vampires – have no clear-cut transition in the middle. We know that even the most passive vampire finds someone weaker to vampire. We fight against that. And we fight our own vampirism. By the logic of things, among you there are more passive-passive vampires than passive-active vampires. You, the passive-passive ones, really don't have the winner's attitude. Any difficulty is for you a negation of your happiness. Any difficulty is as large as a mountain, because so far you did not have enough strength/energy to overcome difficulties. Difficulties still crop up, one after another, but now the situation is essentially different since you are activating positive energy. And you have forgotten that you have meanwhile become energy masters/wizards, forgotten that you can finally rely on your mind, forgotten that you now have the strength/energy. You only need to think and act in energy terms. And when you get entangled in negativity in spite of all that, all you need is pause for breath, calm down and start anew. This is the fight for which we need the winner's attitude.

Active vampires naturally have the winner's attitude – Gingo noted that well. Actually, it was Equilibrium that produced a finely nuanced difference between the winner's and the COMBATIVE ATTITUDE. This is where the difference really lies. We are not combative when we fight to defend our positive energy, because we never attack, we defend ourselves from negative energy in order to be able to activate positive energy, but we need the winner's attitude which results in what the Americans nicely call the win-win situation. If you think it over and if you are very realistic, the win-win situation occurs only WHEN THE ATTACKED DEFENDS HIMSELF SUCCESSFULLY.

When we win, overcome and overpower with positive energy, things are better for everybody, everybody wins. But the fight is still here. We can't skip it. We can't just move on with a single step into something new, the dimension of the positive. We need quite a few steps for that and most of the road crosses enemy territory. We must appreciate that with our positivity we absolutely don't accept fight in line with the criteria of our "enemy".

We only defend our positivity in a way which – as we have seen – benefits everyone. Because positive energy always benefits everyone. Without any exception. Here's a rule without exceptions. And in order to activate positive energy we have to stop the negative spin of those around us. That also benefits us all. I can freely say that for the first time in human history the attacked has a way of defense that does not harm the attacker but, rather, benefits him. I don't know whether you can understand what a great thing this is. For the first time we have a way with which we do not respond to aggression, for the purpose of self-defense, with aggression; and yet we are stronger than the attacker and defend ourselves successfully, and calm him down.

At the end of the post on the winner's attitude I said that with such an attitude about your own invincibility you apply the "black sheet". Not just mechanically, do it once and then forget about it. Why?

Somebody is vampiring you and stealing your positive energy. Even in this totally unconscious activity the vampire is very DETERMINED. Do you know how many times you have to repeat the "black sheet" with some people? Very many times. Because the person you are dealing is determined and vampires with great willpower. That is why your will also needs to be very strong. You must now impose yourself upon this person and with your energy say - "Enough!". This strong will is expressed in the WINNER'S ATTITUDE. When you cover somebody with the "black sheet" you necessarily impose your POSITIVE WILL upon him. Otherwise he/she will not back off. The picture of the "black sheet" (we have discussed the point at sufficiently great length) carries a strong visual potential, "visible " to all and clear in the domain of the unconscious, where we move with it. But we have to add our own strong will and impose it, and you cannot do it in a disinterested, lukewarm way. That's the way in which it functions. Another fine nuance: strong will is not a frantic and wild "just you wait!". No, strong will is reflected in a cool and involved WINNER'S ATTITUDE. Which I explained in the previous post. Steven Seagal and Clint Eastwood.

Stay alive and kicking!

June 27, 2008 16:06:29 | mindpositive
Haloefekt says: *Does having positive energy mean that one does what is needed, whether he/she likes it or not, the same way, with no delaying, sulking, excuses and similar strategies of avoidance? And that all fare equally well (unless it is directly detrimental or against their positive attitudes, harmless for others, let's put it that way) without grumbling and objecting?*
Are these good superficial criteria of positivity?

Answer: they are not.
It is true that with positive energy you don't grumble or whimper.
But you NOTICE that you don't feel like doing something.
And you CONCLUDE that this is due to the lack of energy.
And then you think/feel WHO IS STEALING YOUR ENERGY.
And then you deal with the problem using all the energy measures known on this blog, and changing your relationship with the person in question... You don't do anything if you don't have the strength/will for that but, before that: 1. you STOP negative energy; 2. you PRODUCE positive energy and then do what is to be done willingly and lustily.
For 1. and 2. you need a couple of minutes after you acquire skill.

Usually we don't feel like doing something because we lack the energy for it. When we have energy, we may not like something but we understand that it has to be done and do it without even thinking of grumbling. Or we understand that this is somebody else's job and firmly explain to the person in question that we shall not do his/her job, and go see a movie.

Welcome, Ivana Z!
Re 1) Read the posts and comments (there are quite a few), after you've read the book, and then practice the "merry magic" and "ask and it will be given to you". If that does not happen, repeat the question here on the blog after some time.
Re 2) The exchange of energy in terms of giving-receiving is never normal because that is always vampirism. The same holds true for sex. Resonant vibration is the proper energy relationship. Be on the same vibe – but the positive one.
Re 3) I am not giving public lectures because I don't want to teach (explained in the first book – you don't need teachers, you can handle it yourself, the knowledge is in the book). Of late people who know this attitude of mine, because I also explained it in my comments on the blog, have taken to calling me "boss" Serena (as an endearment, I hope). I did not object. "Bosses" don't assume responsibilities like teachers. They are just concerned with the proper running of a specific process.

Welcome, Lyra! I was glad to hear that your relationship with your mother is improving. But, be careful all the time. Once stirred out of stagnation, energy conditions are very shifting, fluid. People easily revert to old habits... That is why one needs to observe and respond adequately. From one moment to the next. When we start activating positive energy we are still for a long time on hostile territory, but we have also stepped onto a new dimension in which nothing is

static, everything flows and after seems to be accelerated. One needs to get accustomed to that.

As regards funerals, the immense sorrow on such occasions is an unsupportable quantity of negative energy. Because sorrow is negative energy. I also said that in the book, and commented here as well some times. You did well to recognize it and resolve it with energy measures. It is much less understandable why weddings are charged with negative energy, and they indeed are. Things ease down after everybody has eaten and drunk enough. But just ease.

Emma, power of the mind certainly, but after we have activated positive energy. People with a great wish for knowledge, and that takes a lot of energy necessarily steal from others if they do not PRODUCE THEIR OWN ENERGY ("THE MERRY MAGIC"), and are large-scale vampires, although their intention is noble. Unfortunately, their result is not good because the mind does not run well on stolen energy, and that leads to wrong ideas and solutions (the abuse of science even by the scientists themselves, that's a known topic in our time).

"Can this technique help people dependent on heroin?", asked someone. Answer: see hereinafter the answer to Lea regarding a panicky upset. Therefore, I am convinced that it can, but I have never met such a case in order to be able to claim this with certainty.

So, Lea says: "Drugs are used by people who have chosen them consciously. People upset by panic did not choose fear, fear chose them. They fight against the poison in them, and that is their common feature. They are fighting against something that is not natural, that has nothing to do with love, that is not normal..."

Lea, whoever is being deprived of his/her energy in immense quantities, and that happens to all the people that turn to drugs, suffers great pain (pain=fear, sickness=fear). The affected person needs something to alleviate pain. There is no essential difference whether this is a strong medical agent against pain (legal) or a drug (illegal). If the person does not know the reason and can't resolve the problem (therefore, knows nothing about positive and negative energy, and vampirism), constant mitigation of pain is his only avenue. And that turns out to be a failure because no problem is resolved by focusing on the consequences, but by focusing on the CAUSE. Such a person is not conscious of that at all. He has not chosen anything consciously because when he chooses drugs he has already blown his mind because of physical and mental pain (blow one's mind = destroy the function of one's brain). The structure of the panic story and phobias is essentially the same, the only difference are details that are not crucial.

Finally, as I said in *Geometry…*, ALL diseases (addiction is also a disease, and mental problems also fall into the category of diseases, and are treated by doctors) have a single CAUSE, and that is negative energy.

June 27, 2008 21:02:08 | [somebody asks]

Is there anything specific I need to do regarding heroin addiction?

June 27, 2008 21:32:22 |mindpositive

Nothing specific, Somebody – pull away from your family, pull away from all friends and "friends". Cut bonds totally with everybody. Plus all the rest written in the book and on the blog. Drug addicts have also become large-scale active vampires, usually at the expense of someone

weaker, i.e., recent addicts in society. This is why they must break off bonds with people vampiring them, but also the bonds with people whom they vampire. Group therapy is not good either because vampire relationships are established again within the group. This is why group therapy "helps" some people and does not help others. Those that are "helped" have simply found weaker people in the group, people they can vampire; they could not do it in the family, so that temporarily feel better.

June 28, 2008 8:09:31 | [Bee]

Serena, I again have a question related to swelling. I have again started to swell: my legs, face, especially the eyelids and the part under the jaws, and this time also the arms. I know we have already discussed this; however, I deal with the pain and headache much more easily with the merry magic, whereas I am not particularly successful with swelling... I reduce it, and then all over again...

June 28, 2008 16:12:42 | mindpositive

Swelling is good, Bee. It comes, stays a few days, passes, then comes again. You swell when a negative frequency is activated "with the assistance" of your vampires. And when you overpower/annul it you have at the same time increased your positive frequency, and the swellings then subside. And the same story all over again. Swelling is one of the strong physical manifestations showing the major changes occurring in the body when we are engaged in energy work. The essential point is that the swelling must start to disappear when that part of the body is healed with positive energy (although the swelling can also last several months). In men and especially women the condition, if present persists in mature years. (Note: my knee used to swell for three years, every time considerably after I stayed a longer time in my weekend cottage, in a village where my aunt Milka also lives; both her knees are artificial. Every time it took me several weeks, after returning to town, for the swelling to go down. Finally, the knee healed and does not swell any more even when I am in the country close to my aunt. Otherwise, the knee had never before been ill. The whole story shows that it had not been healthy either and that the condition would have turned up some time in advanced age without positive energy which detected the problem now when it can be dealt with).

The potbellies carried around by men are swellings – accumulations of liquid. They do not pass, they just get worse and worse. With positive energy all the swelling, whatever the type, will pass.

As regards weather changes – they do not affect persons with positive frequency. They don't feel hot when it's hot, or cold when it's cold. Low air pressure does not affect their condition either.

But weather conditions *do* affect people with NEGATIVE energy.

Rainy weather is a low pressure activity when air in a specific area rotates counterclockwise. This also appears to promote the negativity of people already constantly under negative energy. We have fine weather in high air pressure conditions, when air rotates clockwise and, probably, restrains human negativity. Therefore, when you produce energy clockwise, and there is low pressure movement in the atmosphere (counterclockwise), you offset it, you are stronger that the atmosphere. You may be spending a little more energy on that, but that is not significant because you don't even register it. When you get involved in a negative hurricane (a hurricane is also a low air pressure movement) of a person close to you, it is very difficult to overcome that, as we

can see every day. Now you can draw your own conclusions about the strength of the atmosphere and the strength of people...

June 28,2008 17:26:39 | [Ana]

I read your book, Serena, and started spinning chakras at the same time. About three weeks ago. A few days I spun the head chakra the wrong way, and corrected that. The first impression was pleasant. Two days ago I was able to visualize them. Yesterday I felt a spontaneous acceleration of the spin, as if a pendulum were spinning quickly. I almost heard the "noise" of energy. I spun for more than ten minutes. I felt a light cramp in my right leg and arm, and a tingling sensation all over the body. I could not fall asleep, I felt like vomiting, and my blood pressure shot sky-high (otherwise I have no problem with that). I felt scared and drank some high blood pressure pills and tranquilizers. Now, under the impression of al that, I feel mad at myself because i think I did something the wrong way. I dare not continue. I am fifty-two. I tried to solve some of my problems with transcendental meditation, autogenic training, psychotherapy, and first of all re...

June 28, 2008 18:29:10 | mindpositive

Welcome, Ana! You obviously kept spinning you chakras the wrong way. This explains why your blood pressure went up, and all the rest you describe and I underlined in your comment. A textbook example of symptoms associated with negative chakra spinning.

For a time, maybe even several weeks, do just step 1, and then start spinning chakras. Spin them carefully and slowly. Initially spin the front chakras by hand (just the front ones, because you cant' spin the back chakras with your hand), and the back part by visualization. This way you'll be able to exactly control the direction. Monitor how you feel then.

When beginners feel that the chakras spin too fast, as you have felt, this is a certain sign that they are spinning the wrong way.

Don't be afraid. You just proved that it's bad when the chakras spin counterclockwise. When we start doing energy work, i.e., the "merry magic", it is highly important to monitor how we feel physically and mentally, and also how the people we live with feel. This is a very obvious and UNMISTAKABLE control mechanism.

The spinning of chakras clockwise is beneficial for all without any exception.
Whoever has commented that on this blog has confirmed that.

Problems only occur when the chakras spin the wrong way, whether we have caused that ourselves or whether it is due to somebody else. Your casual mistake shows how powerful energy spin can be, this time in the negative sense. Bear that always in mind. Be careful. Energy spin is incomparably more powerful than other techniques you have read about or practiced. This is why you need to understand the book well, as well as the meaning of energy, but also the technique itself. And carefully follow the instructions. As you see, minor trouble occurred to you in your beginner's efforts, but that is nothing serious or a bad thing that cannot be corrected. So, don't be afraid when you start spinning the chakras again. This is what frees us of fear, isn't it?

PS The mistake that occurred to Ana mainly happens when we don't do "step 1" properly, i.e., if we have not stopped negative energy. Spinning chakras in the proper direction, i.e., clockwise,

can never produce a bad effect. There is no exception to this rule.

June 28, 2008 20:55:59 | [Ana]

I apologize for the second part of the question which did no fit into the comment, and thank you for the answer. (Here is what was deleted: *I tried to solve some of my problems with transcendental meditation, autogenic training, psychotherapy, and first of all re*gression, and after a week's time the results were fears, bouts of panic and violent psychosomatic effects. I thought all these things were behind me and again dared try something new. I have a poor marriage, two daughters with whom I maintain close relationships and live in the extended environment of my husband's family who have never sincerely accepted me, just as I have not accepted them. I think I can accept the fact that I also stole someone's energy. I am curious, I keep seeking the right path to self-perception, and now I am asking myself is there any reason why I should not be doing that. I did not get to the black sheet and I don't have a clear notion of how it's done. Please advise me. Thanks and regards.

June 28, 2008 22:01:09 | mindpositive

Ana, I discussed the "black sheet" in detail in the posts of March 30 and April 3, 2008. We discussed the additional technique a lot, and published many experiences in the comments on posts since mid-March and in April. So, read the lot.

Anyone can seek the road to self-perception. After all, that's the meaning of life.

When we set the unconscious in motion we always have reactions of lower or higher violence. In *Geometry…* and on this blog we learn how we control these reactions by energy work. We learn how not to be afraid of our own unconsciousness and how to get rid of our mental and physical pain. Also read the posts and comments and you will learn a lot from other people's experience. At any rate, this is a demanding job. You have obviously accumulated quite a few problems in life, as also borne out by your violent reaction to other techniques. At any rate, a difficult task awaits you. That, certainly, is not a reason for giving up.

June 29, 2008 3:01:249 | [Emma]

If anybody seeks from us an advice for his/her personal problem, or wants to know why something so "bad" happens in his/her life (and you know quite well why that is happening after entering this dimension), what to do? Listen to them? State one's opinion candidly and recommend activating the "merry magic" because I don't know whether asking for help implies draining energy? Specifically, over the past few days I have been approached by three people I know who sincerely asked for help and advice.

June 29, 2008 9:06:09 | mindpositive

Emma your attitude – "state one's opinion candidly and recommend activating the "merry magic" - looks neat and human... But, but...here's my experience. Don't get involved in the explanation of the "merry magic but recommend instead the book. That is, it is not enough to activate the energy and be done with it, this should be done with deep understanding. AND THAT IS POSSIBLE ONLY WITH THE STUDIOUS READING OF *GEOMETRY*... And I would stop there. Why? In my experience, acquired in many cases, people are not ready to hear something we understand better because we speak from the position of positive energy, our "positive mind". They are not ready at all, because they are still steeped in negative energy. This is why they are shocked by your attitude, which is mainly too radical for them, and in a way they subconsciously resent your position. Then they start a subconscious dialog/argument with you,

which may take days, even months. In this “argument”, in the form of a monologue in which they have many negative emotions, NOW FOCUSED ON YOU AND LESS ON THOSE WITH WHOM THEY HAVE A PROBLEM, they also start vampiring you. And that suits them fine, while you don’t even think of defending yourself with the “black sheet” because you d0n’t believe that the person in question would hold any grudge against you. And so this goes on, with no end in sight, your condition gets worse, you ask me “why doesn’t the ‘merry magic’ work?”, and you are not aware of having created a problem.

Let’s now assume a sub-variant: they have sincerely agreed with your attitude and they now experience you as an authority (but from their position of more or less negative energy – that is, even if they do the “merry magic”, it’s only two or three times a day and that is zero points) and TRANSFER THEIR PROBLEMS ON YOU; so, whenever they have a problem or are very busy, they “nicely turn to you” because they have subconsciously (and even consciously) understood that they can do it, and vampire you endlessly. They completely hitch on your energy and are doing fine, and you are dead tired. Again you can’t realize that *you* have created the problem, and you are not solving it with the “black sheet” and other measures and think that you are experiencing an exhaustion phase that must be due to “cleansing of old negativities etc.” And actually you have created your own vampire – because they only said, “yes, yes...” to your story about positive energy, but did not try, really try to get their positive energy moving (e.g., they do the “merry magic” only two or three times a day, they are not interested in the texts and comments on the blog, they have read *Geometry* ... and put it back on the shelf).

Therefore, problems can only be discussed with people who get their positive energy going. With others we talk about football, cooking and flowers because their mind is still dull and their vampire inclinations are always ready to spring on anyone who sincerely speak about their opinion. This is why we are not talking with them either about our own problems or about theirs.

There, this is an addition to what I already said about helping. Essentially, nobody wants help for as long as he/she fails to understand his/her problem. It is only positive energy that creates the preconditions for that. So, let them read the book if they feel like it, and you can cut jokes with them. I could summarize this in other words: don’t play the role of a TEACHER with them even when they ask you to, because the magnitude of the task is much larger than you think and because they are not ready to learn.

June 29, 2008 12:55:32 | [Lea]

Since I am afraid of panic bouts, I am afraid of spinning chakras, for the time being I only cast the black sheet – over myself, during an attack of panic. Then my heartbeat slows down and I manage to calm down, anyway at least to clear my mind and avoid calling anyone because the attacks of fear are so strong that I think I will die.

June 29, 2008 13:33:32 | [Equilibrium]

Serena, that’s an excellent and perfectly clear explanation of what is happening with energy when somebody tries to help somebody else, that is, when a problem is discussed (a problem that one supposedly wishes to solve). I said “supposedly” because I often see that people talk about a problem WITHOUT a genuine wish to solve it. Or, they hope that someone else will solve it instead of them. But only a sincere wish combined with a winner’s attitude can produce results. All the rest is an illusion or vampirism.

June 29, 200815:12:13 | [Haloefekt]
I have to join the praise of the explanation concerning the manner of staying away from resolving the problems of people who do not want to solve them but instead use them to torment or "amuse" others, i.e., actually to strain and exhaust them. Such an attitude is called for, as I understood (I mentioned that somewhere before), intuitively, but also experienced practically, I only lacked the merry magic to implement it to the end.
June 29, 2008 22:19:57 | [Spark]
Let me clarify a point Serena: if I have an otherwise very close relationship with a person, and if that person is constantly present in my mind in spite of separation, and if that is the first person that comes to my mind when I am 'in the red' (furious, angry, sad), in spite of my focus on the positive, I am VAMPIRING that person, am I not? Or is it probable that I think of that person and find myself 'in the red' when that person vampires me? I am stuck in a circle.
And, yes, this part about helping was fine.
June 29, 2008 23:00:20 | mindpositive
Spark, there are usually two variants:

a) <u>BEFORE you activated positive energy:</u>

1. You are mad at Peter, you continuously engage with him in talks and situations which angered you, you get additionally angry (endless internal monologue) = probably you are vampiring Peter.
2. You are depressed, sad, and you don't know who is involved, or you think neutrally about something and Peter continues to enter your mind = Peter is probably vampiring YOU and thereby imposes, creates these negative thoughts and emotions.

b) <u>When you started doing the "merry magic":</u>

Both the above variants, 1 and 2, in most cases mean that Peter is vampiring you. The "black sheet"/"press" deals with that very fast.

Try to include in your consideration any other psychological data and events that take place at the time when you think of Peter. All that helps to understand "what am I to Hecuba, and what is Hecuba to me". I remember finding a fault, recently, with a neighbor with whom I have a distant but excellent relationship; I was completely right, and she immediately admitted and corrected it, but she obviously was not indifferent to it and she had a guilty feeling. How do I know that? I kept thinking about her for several days although I was not angry at all, I just told her what the problem was and that I wanted her to deal with it (because it was her problem, not mine, and it posed no dilemma for her either). Along with a constant application of the "merry magic" it took me three days to get her out of my head and she kept crossing my mind every now and then.
July 1, 2008 | [somebody asks]
Can dead persons drain the energy of their living relatives, according to certain traditions?
July 1, 2008 | mindpositive
I am exploring the area, Somebody, and have no decisive answers yet. However, I don't think the topic is particularly important, you settle your relationships with the living for starters. I shall write about it when I arrive at some certain conclusions in my research.
July 1, 2008 12:50:14 | [Nera]
"Peter" comment: until recently I felt the anger, hate and fury of a member of my household, and I was the same at the time, but I am not like that any more. My dear commentators, old and new ones alike, I am now calm, indifferent, and no Peter can bring me into such a phase. The other household members wonder what happened to me, and I feel better and better.

July 1, 2008 20:26:34 | mindpositive
Nera, do you have any children? Who are the members of your household? If you are in a family home, who lives in it? I want to know in order to see whether I need to tell you anything at this point.
July 2, 2008 7:22:15 | [Nera]
Two kids, Serena, my husband, my mother in law, grandpa and grandma... Two members are 100% energy vampires, very impressive, I fight but I understand the essence of the struggle. Vampires like being number one in everything, and I was resisting the wrong way for ten years.
July 4, 2008 19:32:07 | [Spring]
I feel the onslaughts of negative energy the same way as before (less frequently, I must admit) – physically (exhaustion, fatigue) and mentally (all kinds of negative emotions, restlessness, dissatisfaction); however, earlier I felt helpless (I waited passively for "something" to change), and now I am optimistic and relatively very quickly get out of such conditions with the black sheet and merry magic.
Change: optimism, strengthening of willpower, awareness that I am not a helpless doll and that I choose myself how I will feel.
July 5, 2008 17:35:28 | [leeloodesign]
Hey, this blog and Serena's book are definitely the best thing that could happen in my life.

In order to cut a long story short, for quite a few years I kept sinking deeper and deeper with a close person... each was in his/her own "righteous role" – the usual style: I am person A and I am right... or, I am person B and do the right things and you don't understand me... and so for years... and we drifted farther and farther apart, and when we almost split... we sat and talked candidly for the first time, without taking our "positions"... and everything was resolved in half an hour...

Incredible... when I now think about it I have the feeling I was bewitched all these years, as if we had suddenly seen the light ... as if somebody had taken a bandage off my eyes ... miraculous!

... and all that would have been possible without the effort focused on boosting positive energy, which obviously propagated to the people around me as well... and, theref0re, just move on this is the right direction..
Love
Nataly
July 7, 2008 14:02:23 | [Pyramid]
Nataly, I have the same (partner) problem, but I have not yet reached the blessing as you have. I'd like to know how long you did the merry magic so that there was also improvement in that quarter. Sometimes I think that everything is alright and then there is always a new situation showing that things are not good and that I have not achieved anything. How long did you have to do the merry magic in order to settle the situation? How long does the settled situation last? That is, I am in a situation where I would give up on that person because I think I have no strength to fight... but Serena says we must be winners... maybe if I gave up and would not care the situation would settle of itself... this way, perhaps, I am only fighting myself...
July 8, 2008 8:57:52 | [leeloodesign]
Hey, Pyramid, I have only been doing the merry magic regularly for three months... I started

doing it last summer but after 4-5 months I stopped because I heard it was not good to dabble in energy during pregnancy (Note: that had nothing to do with Serena and “merry magic”)

I think the essential point is finding the people that have a negative effect on the two of you, and take intensive steps against them by casting the sheet (these are mainly the parents, in my case mine and his)... I did not know the outcome would be so spectacular as far as the two of us are concerned, my primary goal was to protect the baby from negative energy ... as it turned out, the rest has also fallen in place properly... I hope I helped you at least a little :)
Love
Nataly

61.
Sunday, Jul6 6, 2008
“One’s own”

We (two hundred wedding guests!) were sitting in one of our most beautiful cathedrals and waiting for the rite to begin. A boy sat in the bench before me; he looked five, smallish, but later on I estimated he must be at least six. He looked around at the proceedings. Someone from my family asked him “whose are you?” – that’s the way we establish contact with kids in my part of the country.

He looked up fairly sharply, nice blue eyes on a regular face. A spark of contempt in them, maybe. Then he curtly replied “I’m my own”, turned his head and continued to watch the show and totally ignored the person that had put the question.

Well-educated child. He did not get lost into having to say his name. He did not contract friendships that did not interest him. He did not trade in (dis)liking. He chose his company. He was not rude, although my cousin may have thought he was. He stayed away from unknown people. Although we all met in that church with a common purpose in mind, he did not know my cousin. And why should she have cared “whose” he was? A child well educated for the world we live in. He did not recognize as such the social form requesting him to be polite to all people. He chose persons he would be polite to. He chose, decisively and independently. Even if he made a mistake, it was his choice. Even if he made a mistake, he could correct it. All this was written in his bright blue eyes, his whole little body and in the words “I’m my own”, with a slight tone of contempt and total composure of a person who knew what he was doing. A six year old.

Until we spoil them, every kid is harmonious, wise and integral. “His/her own”.

I did not manage to see him later on and or to see what geniuses were bringing him up.

To be determined, independent and “his own”.

I am half a mile behind in answering your questions.

Lea first - you are doing fine. In spite of the "panicky upset" diagnosis you got, you have obviously kept, to a sufficient extent, a POSITIVE MIND which allows you to UNDERSTAND positive energy. UNDERSTANDING releases and activates the positive process. Although you only use the "black sheet" in order to stop other people's negative energy and your own negative energy, i.e., you have not started spinning chakras, you have nevertheless achieved some progress. You have understood and realized that your fear is not just a terrible thing coming and going in an unpredictable way, and controlling you. You have reached the perception which explained to you that your fear, in energy terms, is a simple thing, and that has activated the process of RELEASE FROM FEAR. Excellent. As we have already said, at the mental level this will not proceed so smoothly, simply or last a short time, but you have already progressed so much that you have felt and understood it. Just carry on!

Nataly, your family is truly a twisted case. I know you have tried to find an ally in your dear mother, but that turned out to be a failure. I think you indispensably need an ally. You will certainly find one in a member of your family, maybe in an extended circle if not among the closest relatives. And, as we said, what is essential is changing your BEHAVIOR toward the members of your family. The same message should be given with your behavior and in energy terms. If not, that confuses the other side. You can't solve the problem only with the "black sheet". Too much work for too few results.

Nera, I asked you whether you still have someone at home after you let us know that you feel well and that you are resolving problems. I am not questioning that. <u>But I do want to stress once again that one's own improvement must also be observed in the context of the condition of the closest relatives.</u> That means that children *must* feel better. And so does your partner, if you have concluded that you vampired him so far. Parents, grandmas, grandpas, aunts, uncles... they can all feel worse (not necessarily, and generally they do not feel worse) because the elder generation generally vampires the younger one. Consider this within the context of my persistent claim "don't help anyone". A superficial reader may find this cold-hearted

and selfish. But it is not, really. I am only drawing attention to REALITY, to determining whom we CAN truly help (and for whom we are really responsible). These are primarily children and then, possibly and probably your partner. But at the same time I am continuously reminding you not to monitor your own progress only, but, in particular, watch what is happening with the children (and others you vampired) after you start activating positive energy.

Compare this with the stories of the healers of all kinds and types and their happiness when they can highlight the example of somebody they have "healed". I have explored that in detail. All these "healings" usually occurred at a group session, and the healer managed to transfer his vampire grip to an individual, i.e., to his subconscious, and increase the grip that the individual already had. In his great "inspiration" that individual then vampired a hundred and more people in the group and he temporarily felt better. And that was all the "healing". Nobody asks or investigates what happened later. What is left on record - healed, cured! Superficiality, thy name is marketing, market and business success.

This is also possible: the client/"patient" intensified the vampire grip - when he/she phoned the "healer" who gives instructions via TV - and unconsciously followed the instruction of the healer. The "patient" immediately vampired everybody around him/her at home and in the family, and happily declared that he/she felt better. Of course, the healer did not even think of asking his "patient" how the people around him felt. And why should he? First, he knows nothing about the consequences and, second, he is just focuses on his own promotion in the paid TV term, and collects clients. In the best case, he will be able to publish the sensational improvement with the confirmation of his client/victim. There, the arthritic pain in the man's shoulder has abated... What do you know... And then the healer, happy as a lark, blabs his quasi-spiritual messages about universal love and helping the world... with a ton of "darlings" and "beloveds" and like endearments heaped upon his "patient"... I can't even remember all those vapid sentimentalities boosting the publicity effect to exhilaration. I don't hold it against the "patient", of course, not at all. As I wrote in the book, I also attended treatments of a famous healer. With the wish to understand what he was doing, but also hoping that he would help me. What did I know, then, about all that? The only thing that distinguished me and the rest was the wish to UNDERSTAND. And after twenty years I got there... better late than never.

Or, let us analyze such cases published in books by people honestly studying the theme of human energy but having no idea about the difference between positive and negative energy. They usually stop at questions. They make no decisive claims, they analyze, they draw attention to the existence of the phenomenon (human

energy). This is fair, but insufficient. We remain with them in ignorance because, like them, we have not understood the phenomenon. For starters this is good, too, at least we have not denied the fact that something happens and exists at the energy level.

Well, I have really been prolific in my writing this time... just let me answer some more comments:

Sandra, if I have understood you well, you are reporting for the first time, so welcome! I am particularly pleased to note that several members of your family are consciously getting involved in the process of activating positive energy because progress will be faster and easier. We already have comments on such successful experiences. Yours will also come in handy. Among other things, to motivate people having trouble with great negativities and unable to find allies in the family. Supposedly... impossible. (Now I put my finger under my eye and pull the lower lid down). Difficult - probable. Impossible - no way.

Emma also found an ally, maybe even another: *I've given the book to a friend and look forward to progress, i.e., I hope she will no longer need my advice. And she started doing the "merry magic". And I'll be around the remind her occasionally to get the "merry magic" going, I can do so much. A close person (my sister) started the "merry magic" at the same time as me, and whenever we feel a vampire - and we see that on each other's behavior - we stimulate each other to do the "merry magic". And, I can tell you, we both feel much better by being aware of vampirism and of the benefits of the "merry magic"*.

That, I believe, is enough writing for a hot summer day. The others will be taken care of in due order in the next post.

You probably noticed that I answer your questions in turn when I'm behind in commenting on your comments. If I skip anyone, that means I have nothing to tell him/her at that time.

Stay alive and kicking!

July 8, 2008 8:57:52 |[leeloodesign]
When the vampire fest gets going, this is what happens:

Yesterday my parents and my husband's parents met in the marketplace... although I cast the black sheet since early in the morning the baby was crying all day and hardly ate anything (just

drank liquid)... I felt as if somebody had beaten me... and my husband all of a sudden felt pain in his leg and his arm started to shake in an uncontrolled way...
Something for a horror movie, truly incredible...

Thanks for the answer, Serena, I am aware that I have not yet changed my behavior toward my vampires, but I am trying hard (after the horror yesterday I will probably bear that in mind)...

My problem is really that I have nobody to pick for an ally in my family... as I wrote mom, the big vampire, has not accepted my explanation, my father is totally under the influence of the mom vampire (diabetes, depression, lack of interest in what happens around him...), my brother married a passive vampirella which managed to isolate them from the rest of the world and thus keep the energy of my brother and of her son for herself... as for my husband's parents, the father is a big vampire (talks a lot, high blood pressure, eternal seeker of justice...), mom is a passive vampire... his brother also married a vampirella (of a type resembling her sister-in-law's...)
... the extended family... the cousin who recommended this site to me is in spiritual waters but did not grasp the essence and significance of positive energy (she does not like exercises requiring an hour's work).
The others are totally unusable or very far away and I have no contact with them...

...so, this is the history of the energy sickness of my family :) and no ally in sight...
I hope I'll manage on my own... (I tried to explain the merry magic and the rest to my husband, and after a quarrel he even started to read the book) :), but that's not the right thing... I see he is not interested and that he does not understand)

as it looks, I have a highlander role in store... I'll fight as hard as I can
Nataly

July 8, 2008 17:19:20 | mindpositive

Nataly, that's a fine and precise analysis of your vampires. I will not put a finger under my eye, in your case one really does not know where to seek an ally. But keep in mind your goal, and the goal is that you need an ally. Clear-cut goals are essential. An ally will come up out of somewhere. Your positive energy will probably have to rise to a point where the achievement of that goal will be possible. This is why it is so important to become aware of the goal, "I want my positive frequency to increase constantly". Until then, record your success and enjoy them even if they are small. You need to check and be convinced that this positive process functions in line with the rules I have described because that is the RATIONAL approach I have been advocating all the time. That is what keeps our nose above the water.

July 8, 2008 11:05:39 | [Sandra]

Nataly, you understand so nicely who is an active and who a passive vampire in your family, so focus on the passive ones. Serena says they can be won over for cooperation more easily. What's the situation with your female friends? I still don't know who's who in my family. I have the impression that we are all vampires except, perhaps, my dad, but I am not sure, really. At any rate, that's not essential, we exchange our roles anyway, sometimes we vampire, sometime we are robbed. C'est la vie.

July 8, 2008 17:10:24 | mindpositive

In my book, Sandra, I said that we should desist from detecting who is vampiring whom... I had

to say it because initially we are not capable either of understanding (just as you can't, yet, but Nataly can) or ACCEPTING it later on. As we progress en route to the "positive", at one point we need to understand who is vampiring us, and whom we vampire. In this regard a lot of help is provided by psychological characteristics and psychophysical symptoms which I mentioned in my book (and by the pendulum!; Let nobody sniff at the mention of the pendulum. Since times immemorial it has been used successfully to detect water. The pendulum is not any abracadabra but a nice gadget that answers "yes/no" to our questions and actually helps us to discover precisely what our unconscious does not know). This helps us to know HOW to change our RELATIONSHIP (behavior) to these people. Toward our vampires we must become determined and know when to say "no" (up to a total break if necessary). In relationships with our victims we need to know when to give in, give them freedom. Along with many other nuances. An exceptionally important element is knowing the person to whom we shall apply the "black sheet"/"press".

July 8, 2008 16:41:09 | mindpositive

Mona asks: (1) does a sudden thought about a person that is physically not here also unavoidably imply a connection with a bilateral experience at the energy level?; (2) is a pleasant thought always vampirism of another person?"

Re 1 - in most cases it does. Especially if the thought is not a brief one and is not connected with a specific thing we need to carry out with the person in question (I must call Peter about going together the carpenter tomorrow).

Re 2 - until we abandon vampiring, a pleasant thought in most cases (I can't just say "always") is a sign that I, the person who feels pleasure, am vampiring the person I am thinking about.

Vampire thoughts in one or the other direction are always thoughts in which we spin an inner film, an internal monologue related to that person. This may take some time and in a way becomes obsessive, we repeat the whole story, and then the story by sequences, with no end in sight.

July 8, 2008 16:51:02 | mindpositive

Spark, your comment is not clear, and I'll answer the last question: "Will I, in time, start to feel 'Peter's' or whoever's intensive and positive emotions. When it comes, let it be nice and not only trash".

When people are energy positive, i.e., have positive thoughts and emotions, we know nothing about them. There is no unconscious communication. Communication is established only consciously - personally, by phone ... - When they are negative, we know everything about them. Or at least we know that they feel pain somewhere, that they are nervous, etc. later on, after talking with them, we discover and specifically connect the cause of their pain, nervousness, etc. Hence the idea of Big Brother who sees everything. He does not see everything, he sees only evil. People communicate only bad news by telepathy and energy.

July 8, 2008 17:09:51 |[Lucky soul]

I would also very much like to hear a somewhat more extensive comment on what happens with children after their parents start doing the merry magic. How to explain the following: my daughter had a minor accident soon after I started doing the merry magic. I also feel relief when I cast the black sheet over her, and I have the feeling that she also calms down and that she is not so aggressive (she is an adolescent). Does anyone else have problems, occasionally, such as this one: I spin the back chakra with no problems, but can't manage the front one.

July 8, 2008 17:51:02 | mindpositive

Lucky soul, your daughter has already, probably adopted the negative energy pattern. And when one source dried up (this can be a boyfriend), or changed (mom and dad who started change with the "merry magic", and that is confusing), her scheme of supply from other people's energy got messed up and does not function as before. She has less energy than before, her coordination is weaker, and there's your reason for the accident. Many other reasons are also possible, maybe even of a completely opposite kind - someone may have robbed her energy violently at the time of the accident (I wrote about that in earlier posts). You need to detect that yourself because you need quite a few energy observations and information from the "visible" world for the understanding of the cause of something. I don't have all that, so I stop at theoretical assumptions. You have all that, you only have to learn to observe and conclude. You will succeed in time and with the growth of positive energy. (Look at Nataly's analysis of her family - until recently she could not even dream of such a text).

You have a problem if you can't spin both cones ("I spin the back chakra with no problems, but can't manage the front one".) Unbalanced force is at issue. It is unbalanced even if one half of a pair, one cone, spins in the right direction, and that probably does not activate positive energy. This is why I think that you nevertheless spin the wrong way and that is why you cannot see the second part of the pair, i.e., cannot spin the second cone in the pair. Therefore, check the direction well, not only with your inner eye, but also check the psychophysical indicators of your condition, and especially the condition of the people around you.

July 9, 2008 9:10:51 | [Pyramid]

My chakras spin although there is no improvement of the situation, the energy flow is felt, but I had an outburst - I blew my top for no reason at all, it was a minor problem - and I wonder whether I had reached a new layer of negativity which is present in me and which has to come yet. Otherwise, of late I have been working more intensively and use all the tools... only in the morning I have a sadness problem, I sleep as if I were in another world and find it hard to return to my own.

July 9, 2008 10:01:02 | mindpositive

All that's regular, Pyramid. Your using all tools and working more intensively is a good thing. I don't know why you blew your top, but that's quite OK. Maybe the person in question vampired you, so that your reaction is quite alright. Let us not pretend to be saints nodding benevolently at everything. Be spontaneous in your reactions. Later on think about the how and the why. If you understand, fine - if you don't, fine too. You'll understand later or at an another occasion.

July 9, 2008 11:21:43 |[Humptydumpty]

My case is the same as Pyramid's. In the evening, I can't manage the merry magic, I feel as if I have fainted until next morning, then I have problems waking up and try to do something while I'm still in bed, get up somehow... and feel better right away, after a cigarette and tea, then do the whole program, first cutting, then tying, then the black sheet on myself... I often cut and tie during the morning, and feel better right away... I know that someone reported pain in the legs in recent comments and you too, Serena, mentioned similar problems, cramps in your calves, and heavy feet... what was it about? Kiss-kiss.

July 9, 2008 11:56:35 |[Pyramid]

I don't know whether I got you right, Humptydumpty, but in my case the following works: when I feel pain, e.g., have a problem with my right arm, I remember a person who has such problems, in my case it's my grandmother... I cast the black sheet because I know that she's vampiring me

at that moment, and the pain stops... I don't even have to spin on that site, I just wrap it a couple of times and the pain stops... and so it is with all pains, when I remember the past I can identify all my pains and their source... hereditary, they say :), negativity.

July 9, 2008 11:59:57 | Mindpositive

Humptydumpty, as first, try not to faint in the evening. When the moment comes, grab your "black sheet" until you come to and wake up, i.e., come to your senses, and then to bed and don't spin your chakras. At night it's better to stop everything, though this is not possible because the vampire fest starts at some time. Nevertheless, with such a overture to sleep you will cut down the fest, and that is already progress. In the morning, get up as early as possible, you'll be less bloated and feel more refreshed.

As regards leg fatigue, this is a sign of a strong energy deficit. Sometimes you don't feel any sign that somebody is vampiring you, and if you are sitting, you will not see anything for a longer time. But if you start walking, especially uphill, even on a slight rise, your legs will feel like lead. So, the "sword" and the "black sheet" until your legs get light again. This happens because we store a lot of negativity in our legs, in our muscles, tendons, bones and the ischiadic nerve (which runs along the spine to the pelvis and down to the feet). (Note: it is only later that I discovered why so much negative energy accumulates in the legs; this will be discussed at greater length in the following books). This is why people engage less and less in physical exercise such as walking. Because the legs are more and more leaden. Depending on how much trouble we have crammed into our legs, when we start activating positive energy in our legs negative energy leaves the body and this is manifested in the form of cramps and "heavy" legs.

July 9, 2008 14:55:47 | mindpositive

An addition to Pyramid's answer to Humptydumpty. So, the only thing that stops pain is the "black sheet" on the person in question (according to Pyramid's explanation) and on yourself. But the painful spots must be treated more thoroughly because they are weakened by constant vampire draining.

Therefore, AFTER STOPPING NEGATIVE ENERGY spin the auxiliary chakra on the site. Or, when you have time, and feel no pain, just STRENGTHEN/HEAL that site with auxiliary chakra. Do it as long as possible (for an hour or two if you can). Actually, do it until the cessation of painful strokes on the site. And the strokes will stop when you strengthen positive energy locally, on that very spot. You will notice how pain decreases and occurs less and less frequently, and you'll know that you're en route to success.

July 17, 2008 12:47:33 |[dalibor]

A week ago I ran by chance into *Geometry of the Divine Spark* and started doing the merry magic immediately because something was choking me beyond endurance. I like the merry magic and I feel it helps me, I began to defend myself from exhausting conversation and tell people openly what I felt... what I liked most was "fuck off on the double"... this makes me laugh and improves my mood. I shall have to get the book.

August 1, 2008 22:26:29 | [Emma]

Hi everybody! As Lea says... a new Lea :) It's nice to be among the living. I have not called in... for a time I just wanted to watch the world around me. I have been doing the merry magic for two months now. And I can tell you that the world round me is much better because I feel much better. I shall not write yet about the radical change in my life but I can only say that whatever

happens... happens for our good, and the merry magic everything can be understood much better and more easily. And now I am going on to watch the world and cast a few black sheets... until then, bye from Emma!

62.

Wednesday, July 9, 2008

Disgusting energy things amidst the joy of life

Not a long time ago I wrote about a wedding in my family. So let me carry on. The wedding and all that ended, the next day I had to get in the car and return home in another city. My cousin's daughter asked me if I could give her a ride, she had to take the college entrance exam, and the dates overlapped. No problem, say I.

The cousin's family is great. One son and two daughters. And they have no problems but for the son who can't manage to graduate from college, and even got married. But the two girls are A students. Mom and dad are in a harmonious marriage, praiseworthy people, and their relationship with the children is so to speak ideal. Really wonderful people, a wonderful family. It's just that they fail to reach the energy level, just as everybody. Their main problem is his mother, the younger sister of my mother, Milka. I have not mentioned her so far. I have already described my mother and, briefly, in the epilogue of the first book, the next sister, aunt Marina. Aunt Milka is also a vampire cubed, intelligent, shrewd, lying and selfish, you wouldn't believe that so selfish a person could exist.

I shall not spin the story too much, just mention some basic points. So far the major problem in my cousin's family turned out to be the severe asthmatic bronchitis of the eldest child - the bridegroom at the wedding in the beginning of the story. He only spontaneously recovered from bronchitis after he'd reached twenty, but he never showed much inclination for learning and still pretends, after six years, that he attends a college regularly. Otherwise, he was good at other tasks, mainly physical chores in the country, altogether a fine guy. I said "good" - as a matter of fact he was willing to do what he was asked, but he lacked the energy, so that his good will was of little use. Negative energy "cuts" down his mind, too, and he lacks the stamina for learning, even at a totally undemanding school in which he enrolled. The negative energy of his grandmother Milka reaches him though his mom, and it is manifested by his mom's concerns about and by the way she still looks after him as if he were a child, in spite of his twenty-four years. God knows whether she will stop now that he got married. Especially because he will live in an apartment in his parents' house

build long ago and intended for him.

And so, we were to travel together, the bridegroom's sister and me. The kid has been an A student in all the schools she attended so far, she is known as a very industrious and responsible girl, and she is also a great person. When they said goodbye, her mom comforted her by saying that nothing terrible would happen if she didn't pass the college entrance exam in the summer term because there was another term in fall. A normal statement - no pressing, see.

So we set off. After half an hour I began to feel uneasy. I felt the lack of proper concentration for driving. Nothing hurt, but I felt my mind was diffuse.

A little later I felt that the kid drew energy from my head, quite painlessly. Remember that scene from *The Lord of the Rings* when Frodo is attacked by evil forces, you see his image dissolving, losing the outline, and black riders seem to suck his figure? That's how I felt.

The "black sheet" on the kid and myself, several times. Poor effect. And on her mom. Poor. Then the lot plus my aunt Milka (that is, her grandma). My, poor again. I felt a little better, but not enough. I knew what was the matter. Fast driving used up a lot of my energy, and I didn't have enough energy and concentration for the "black sheet". As I said, the "black sheet" necessarily engages a part of our energy, but it's worth it because the benefit is much higher than the cost. Sure, but I didn't have enough to offset that cost because I invested everything into driving. I felt that exactly, I felt that I had not stabilized my energy. Nothing dangerous yet, I was not sleepy, but I didn't feel right.

So I stopped at the first gas station. I ordered coffee and water. I chatted with the kid, but now with full strength and concentration I applied the "black sheet" on each of the foregoing persons. I visualized each of them under the "black sheet" for a few minutes. And repeated the whole circle at least three times. Then the kid and I walked a little on the large parking lot. I got going again only after I felt that my energy had returned. Then I started to spin my chakras as well, and spun them for a dozen minutes.

In terms of all the usual criteria the kid had a very positive character, and after all that she accepted my energy leadership, the episode with mom was annulled, and everything was tops until the end of the trip. She did not attempt to vampire me any more because the kid was now energy positive (that lasted while she was with me, and later on disappeared because she had no ideal about positive energy). She is

young and has a good character, and therefore accepted this easily - of course, totally unconsciously. Every now and then I continued to cast the "black sheet" on the others in the family, and to spin chakras. Now I could do it while driving because I was only maintaining the positive energy achieved at the mentioned coffee break.

We got to our destination safe and sound.

Why did we fall into the negative? Because her mother, known for her CONCERN, applied her concern with all her might although she released the kid from responsibility for a possibly bad outcome and pretended a happy face. See how words mean little when we are under negative energy. They don't mean anything. At the mental level CONCERN, at the behavior level acted serenity - at the energy level VAMPIRISM.

This worsened additionally because mom was also concerned during the wedding, although for another reason, even if she danced and sang until dawn without much of a break (quite praiseworthy). Concerned because her firstborn was getting married. That is, there was some gossip in the family that the mother-in-law was not happy with her daughter-in-law (essentially she was only concerned because she had the feeling that the daughter-in-law would "steal" her son, i.e., her primary source of energy). Therefore, her concern was focused all the way on her son; she was also concerned about her daughter, even when she had no reason, because that is her lifestyle. Concern is always unnecessary, superfluous and silly. But it is installed as such because this way mom makes up for all her energy deficits due to any reason even when they are not connected with her son.

Then, grandma/my aunt (the already mentioned Milka) had nasty problems with her leg, she had been moving around from the afternoon until after midnight, and her leg could no longer bear the strain. When she was young, grandma was a very vivacious person and there was no festivity without her singing and dancing, so she had also enjoyed the wedding. In a positive sense, of course. Sure, but the next day the sick leg swelled and you could not convince her that this was due to the wedding and that there was “nothing terrible” about it. Maybe my artificial knee is displaced and I’ll have to go and have another surgery, she murmured, and was APPREHENSIVE. So that she vampired twice as much as otherwise. All that summed up nicely into a big negative lump.

So, the output of the grandma, mom and who knows who else hit the kid (the other children were not spared either), and the kid hit me because we were twelve inches

apart and because she had an ample supply in me. Since I had the skill, and the kid was a kid, i.e., young and not a negative character, just a relay, the situation was salvaged quickly, as I described.

Altogether, that was a vital situation – the wedding - rather out of the normal. At the mental level for all the actors it was mainly a positive event. And you have seen the way it turned out for me, in energy terms. Twisted, indeed. Ultimately, it ended well. Quite an effort was required for setting it right and calmly, considering the circumstances, finding the right way for settling the energy. A fortunate circumstance was the fact that my passenger was a young person who, moreover, knew my positive energy from earlier – at the unconscious level, of course, but she knew it and accepted it. If an older person had been in her place, I would have been forced to stop at least three times, with three coffees and three energy "rites"; even then, I would not be able to stop negativity completely at such a physical proximity, over a longer time and busy as I was with driving. I have tried it, and I know. That is why I avoid driving people on long distance routes. Can I come with you, they ask me. And when do you want to go? Next Monday. Sorry, say I, I have to leave two day earlier. And that is term that does not suit anybody. I lie shamelessly because I don't know how to explain my reason. If I said I can't, or won't, that would be a mortal insult. And I don't want to experience that torment of a drive in company because eventually this can prove dangerous for both of us.

These are the disgusting energy things amidst the joys of life. Everybody is great, the wedding should only have been a joyous event, but energy patterns do not yield so easily. They don't let joy to prevail, happiness to come, they confuse everything, disregarding everybody's will and wish. In the beginning the signs are small and then they gradually grow big, and when the going gets tough nobody has any idea about the small, almost imperceptible signs of evil a long time ago.

This has been put on record so that you could to recognize and analyze everyday life situations that do not look problematic at all in the "visible spectrum", and are very problematic in the light of energy relations, activation and deactivation, and balderdash, unless you don't take the necessary energy steps.

Stay alive and kicking!

PS This is the internal monologue of a mom perpetually concerned about her darling son, continuously even after he has long passed the twenty mark:

"Did he wake up in time? Was he late to work? I'll call him again, he must have

overslept. Did he put on the long sleeves ? Will he be cold? Did he eat anything proper today? Why is he so late? Has anything happened to him? Did he put on the better shirt? Did he study at all, he's got an exam in three days? Did he put on the helmet when he went biking? He did not have lunch with us, he is still in bed, what does he think? Did he change his underwear? He left all that strewn on the floor. Why didn't he bring that so that I could put everything into the washing machine? He is so skinny, he'll be sick. He should have left, he will be late..."

And so on and so forth, minute after minute. Her most important mission is to watch the guy's every step – and in her book no step he takes is good.

Consequentially, the guy is never at home. The reason: when he's at home, his mom drains his energy much more than when he's out friends or at work. Since he never has proper peace at home, how and where can he study? How will he graduate, then? And will he achieve anything decent in life?

July 10, 2008 4:06:54 | [lyra]
I am writing after two months of merry magic... I have felt great the past week and even if something negative happens, it does not affect me... I am immune to worry, nice :) ... as regards bodily pain, I have noticed that, for a reason unknown, my vampires prefer to vampire me on my arms and my legs, it feels like tiny pricks... then I do the sheet, the sword and merry magic, until it all disappears... it's really fascinating how this throbbing pain that would otherwise stab me regularly and persistently disappears in a minute... so much this time :)
July 1 10, 2008 8:49:31 | mindpositive
Here's my complete position regarding pregnant women and the "merry magic": pregnant women can activate positive energy just as any other people; indeed, this is even more important for them

I have only one "but". It would be good if they started doing the "merry magic" at least six months or a year before they got pregnant. Why? Because activating positive energy can be very turbulent for some people. They have strong physical and mental reactions. To be sure, such people are rather rare, but I have to point out this possibility and limitation. I am not a therapist who knows everything about you. In fact, I know very little about you. The reactions I mentioned can also include cramps (only one, middle-aged person, has reported them so far) which could possibly provoke abortion. I Said POSSIBLY because I have no positive or negative information in this regard.

In fact, I only have Nataly and her experiences. This is why I am theorizing: if the person activated positive energy before pregnancy, discovered the magnitude and strength of her negative reactions and of her environment, and if everything is within tolerable limits with no convulsive reactions, and if she has already resolved major problems in her relations with the environment, there is no obstacle preventing her from continuing to activate positive energy in pregnancy. As Nataly was already pregnant when she started doing the "merry magic", and

although it did her good and calmed her, I did not oppose her position to stop doing the “merry magic”. Why? Because I cannot and need not assume the responsibility for your decisions. I will always agree with your decision, whatever it may be.

Here I am presenting my principles, my theory and past experience. The experience is not available for all situations, let alone for each sub-variant. The conclusions and decisions concerning your life are up to you.

Nataly read – in a book written by an author that certainly knows nothing about positive energy – that it is better not to do any energy exercises during pregnancy. You already know what I think about the “authorities” that write books about energy and practice energy therapies. All that is vampire business, as I explained in the previous spot. At the time I did not feel like explaining that to her, because it was already explained in the book. She felt the need to interpret my views and the view of others that way, she had a delicate pregnancy, and it was not the proper opportunity for any discussions with me.

Therefore, when you ask me a question and are open for talking about all options, I shall tell you what I think. When I write an article not intended for anybody specifically, I shall state my opinion completely. When you send me your timid question not wishing to hear the proper answer, I will probably say nothing. Because I don’t want to persuade you. You need to be capable of understanding, and that depends on the level of your positive frequency. When you let me know your decision, finished or semi-finished, I shall agree. Because in that moment that’s all you can do. And because I don’t have to influence your decisions, the decisions about your specific behavior in your specific life.

Here we are not doing either individual or group “therapy”. Here we are dealing with additional explanations of my theory, studying it on the basis of additional experience, trying to understand it completely. Because proper understanding of positive energy (along with energy work) enables you to progress faster and better in your life. But, as I said, I am not a therapist and I am not a teacher. Nor do you need one.

All the decisions must be yours. That is the condition of everybody’s FREDOM.

Be free even to make mistakes, be free to learn from anything that happens to you. Anyway, you can’t solve in a second everything that has taken a wrong turn in your life. If you don’t stop the process of this learning, but slow it down every now and then, that does not change anything essentially. Understanding is essential, and with it your independent decision. Your understanding develops and becomes deeper and deeper with the growth of positive energy (you already have that experience, each of you), and that changes your decisions. Only that. And that’s the way it should be.

July 10, 2008 11:51:30 | [Humptydumpty]

Am I a hell of a vampire, guys! One sentence in the post opened my eyes... he should have left... he will be late... and then I remembered other ‘gems’.. sometimes I say them sometimes I don’t ... since I started spinning chakras I have comforted myself by thinking that I am a passive vampire and, maybe, in some situations an active one,... but, but ... this shook me a little because

so far I have given my children little breathing space ... and the point is I did not learn that from my mother, she let us learn on our own what life was and I “smartly” concluded that I did not want to be like her and decided that I would look after my children... because in my childhood I lacked love, attention, support... and where did I acquire that vampire guard?... or did I create it myself in order to be a good mom? ...

and now see, woman, what being a good mom means... however, since I started to spin chakras, my younger daughter doesn’t give a damn about me, she even sometimes snaps back, something she did not even dream of doing before... and I am somehow happy to see her expressing her own opinion and sticking to it... and my elder also sometimes tells me things I am sure she would never have told me before, they, well, give me a hard time, but I feel no anger, sometimes I freak and yell “no joking”, but there is more and more joking, and I am glad... take care

July 10, 2008 15:34:11 | [Bee]

Here’s an example that some vampires know that they are vampires – an ex friend of mine told me (while we were still communicating – verbally) that she knew she was hurting me by telling me her problems and asking for advice: quote, “...when I tell you all that, even if you don’t give me any smart advice, I feel a lot better and my problems all of a sudden disappear, I know that all that spills over on you... but when I later think about, I have a feeling as if nothing had happened...” I definitively broke off all contacts with her, physical or verbal, and I am trying to do that also at the energy level (for the past three-four months), but I can’t get her off my back, how long is this going to last?

July 10, 2008 18:50:16 | mindpositive

Bee, getting a friend off your (energy back) may take several months up to several years. That depends on a number of things – how close you were, how long did the friendship last etc.

And the cure is always the same: “black sheet”/”press”, and stop seeing her unless your friend starts to get positive energy going, but properly like you.

July 7, 2008 13:47:58 | [Nera]

What happens when a person is a major league vampire and dies? The whole family is lost, everything is abnormal, everybody becomes somebody else – I can’t describe the situation, I’m not a talkative type...

July 11, 2008 8:55:18 | mindpositive

Nera, you noticed quite well that after the death of major vampire “everybody becomes somebody else”, because then the struggle begins, at the energy level, over who will take over the vacant place of the major vampire who vampired the whole family or at least a part of it. At the energy level there is a very rigid hierarchy and everybody obediently yields energy to the “grand master”, and the others have their smaller “fief”, the younger members, who are then exploited. But all the members in that generation want to have the royal position and exploit several “fiefs”. This is the case with my aunts, Marina and Milka. Even today the two old hens, seven years after the death of grandmother Irena, quarrel over nothing. Five minutes together is enough for war to break out. As a matter of fact, they fight for the ruling position in the family which no longer exists because over the past twenty years they have all split as compared with the situation when Irena’s whole family was closely knit – and that was fifty years ago.

July 10, 2008 18:12:03 | [Equilibrium]

What a good text! Who could not understand it? If he/she only read it! I recall a statement of my sister related to the thoughts regarding children. It read something like that: “But if I can’t be

concerned, what will I think about?" And so she knows every thought, action, event, school grade of her daughter. And wants me to know that, too. And then I try to squeeze out of it any way I can. Sometimes I try to step in because I know where all that leads to. But it doesn't help. You can't teach someone that does not want to learn, as Serena says. Helluva right! And why should I teach others if I have to put my own house in order. I have my daughter and I have to help her to get free. And my own spine to straighten!

July 10, 2008 22:37:29 | [leeloodesign]

Yes, as regards pregnancy I decided to discontinue the merry magic although Serena, at the end of our discussion about it, told me that positive energy can't hurt anyone... let me note that I experienced my pregnancy as a song... if there was such an award, I would certainly have won the "Golden Hormone" for the most positive pregnant woman ever:)

July 11, 2008 9:26:05 | [Pyramid]

I have been reading some old posts, and I wonder whether you could give me some guidelines concerning I Ching because I know nothing about it. The first thing I got harmonized since I started doing the merry magic was body temperature. I could tolerate heat before, but it exhausted me, and in winter I thought that I would not survive, that I would freeze. I dealt with these fundamentals at the start, though I thought I was the leading negative being and vampire... things do not appear to be so bad. Why don't my other vital situations unwind properly as well, money, love... where's the catch?

July 11, 2008 8:55:18 | mindpositive

Pyramid, you will find information on I Ching in better translations of the book. The best translation is by the great expert John Blofeld (I Ching, *Book of Changes*). I don't know whether the book has been translated into Croatian. If someone knows anything, let us know. If not, try to find in it secondhand bookstores.. I would certainly recommend Blofeld because there are many poor translations and editions, as unprofessional people translate translations. Blofeld was a major expert on I Ching. He translated the book from Chinese and consulted the leading Chinese experts in checking his translation.

Physical health begins to improve immediately, but the process nevertheless takes a long time because positive energy "irons out" all upsets, even those you are not aware of. You can conclude that after a year or so when you see that you are growing older more slowly and that chronic ailments have "evaporated", gone. Business and finance are also among the first items resolved by positive energy, although the order in which problems are solved is rather individual. Why are money and love still stuck in your case? You must have snarled these two areas properly, so this will need time, meaning patience and persistent work. How long have you been doing the "merry magic"?

July 11, 2008 9:49:31 | [Nera 8]

Thanks, Serena! My husband is an unrecognizable man after his mom's death, he has focused on a new life, and me and the children are not a part of his life. He lives for his sister, her family, and gives them all his love and emotions. As for me, he treats me like a servant and thinks that is normal. Within four days our life has turned into chaos even if it wasn't too good even before.

July 11, 2008 13:13:01 | [Spark]

Our problems, guys, are a fallacy of modern times, of wireless technology. If we were connected to a network by a cable, we would simply disconnect and text: stop pissing me off, and that's that. Joking apart, the more I learn, the harder the task gets. We all take, give, muddle, measure...

I'd like to live on a deserted island.

July 11, 2008 | mindpositive

Well said, Spark. A deserted island would be ideal for all of us. Sitting under the palm, spinning our wee chakras two or three times a day, and that's the lot. No sword, no sheet. Swim, barbecue a fish or two, and later turn vegetarian and pick whatever may be growing around.... Sure, but are there six and a half billion deserted islands? Who knows, maybe somebody in the world has counted them, maybe there even are that many if you look that even such a small country as Croatia has more than a thousand... :)

July 20, 2008 18:44:21 | [New Sun]

Did the kid enroll in food and biotechnology plus pharmacy .)? I passed the entrance exam and paid no fee :) And now I am reading all this... And only now I see how serious all that is... Mother won't let my brothers in peace... Has he eaten anything, what is he doing, where is he, who with, who writes to him, who is calling him, is he hungry... The saddest thing of all, they are thirty-plus, bachelors... Negative background? The most frequent excuse in the family: I don't feel like it. One brother has bronchitis, the other is apathetic, and I also seem to lack the strength... And I passed the exam, I should feel great!?

July 21, 2008 8:55:18 | mindpositive

Congratulations on enrolment, New Sun. And no fee! Good work! But I'm giving you a lower grade because you have been with us for a year (I think), and yet you only now started understanding the situation in your family. You described it well, in three words, now that you're getting the clear picture. And there are examples in the book, and at least three posts on the topic... Anyway, understanding comes in due time... You are very young, and you really find it difficult to accept the bitter truth I am writing about, the truth about people and the world in which you live. But I did not only describe the tragedy we live... I found a way out and that is why there is a reason for optimism. Enjoy the well-deserved success, these are your longest summer vacations in your life!

63.

Friday, July 11, 2008

The "black sheet" – the magic invisibility cloak

After it was explained in comments several months before July 2008, and in two more posts, the "black sheet" was published in its entirety on the date above. The article was published in *Geometry… 1*, and will not be repeated here. Instead, I shall summarize the experience of the practitioners of the "merry magic" before and after the "black sheet". In the article I wrote why I hesitated two years to publish the "black sheet" technique. I had to clear a dilemma: is the "black sheet" indispensable or not, especially its moral aspect, as explained in the basic article on the "black sheet" (see the end of the first book). The experience of many readers, and mine before them, unmistakably confirmed that the "black sheet" is indispensable and that

its use benefits everybody concerned.

However much the “black sheet” may seem a strange fantasy to some people (of course, if the individual has not applied it practically because then he/she would simply see that it – works), the technique is indeed of a historic significance – it marked the discovery, for the first time in history, of a defensive means that really repels an aggressive attacker, but it also benefits the attacker because it defuses his/her aggression. For the first time in history, the person that defends himself/herself is stronger, absolutely stronger – BECAUSE THAT PERSON ALWAYS WINS. For the first time the attacked person did not take a club to hit the attacker although the attacker has already “socked” him/her, but has instead completely defended himself/herself and forced the attacker to calm down. No more “shame your abuser with kindness” or “turn the other cheek”! With such a passive attitude the attacked person always got hurt, but did not respond aggressively against the attacker. However, we who know the energy aspect know that the attacked person did have an aggressive reaction, a delayed energy aggressive reaction, and later energy-attacked another, weaker person and not the one that had attacked him originally. When a stronger person attacks you and you cannot defend yourself, a hundred negative thoughts and emotions seethes in you, and that is why you also become an attacker, the invisible – energy – attacker. Let us remember the many quiet people “in our neighborhood” that one day, “for no reason at all”, attacked, maimed, murdered. That did not happen for no reason at all – that was an eruption of years of desperation due to the fact that the attacked person could not defend himself/herself from somebody’s continuous (and energetically visible) aggression, to the fact that he/she was constantly “quiet and good” instead of resorting to defense of any kind. Such extreme cases are only a stronger illustration of the same situation which also happens to average people that never snap in such an extreme way.

This means that for the first time we have an absolutely efficient nonviolent defense, at the basic level, at the level where everything starts and happens, at the level of the prime causes, and that is the energy level.

Again the experience of the “merry magic” practitioners showed that they started to progress faster and more by applying the “black sheet”, and we recorded the first truly significant advances. In our relationships, in the healing of incurable chronic diseases, in business situations. To be sure, such experiences will turn up in greater numbers in the comments of our readers to be published in the next book, *Geometry 3*, because we are now close to the end of this book and – chronologically - briefly after the point at which the readers began to apply the “black sheet”. That is why I

shall proceed, in these comments, beyond (in terms of time) the articles in this book with only two examples. They are the textbook examples of how regular "merry magic" practice, strictly in line with instructions, produce immense and quick results in rather difficult situations in life. Of course, after I developed "step 1" into the second phase, that is the "black sheet". These are the two full stories, *Jaja* and *Renchi*, whose comments and my answers I strung out in an integral chronological series, so that we obtained something like a case study analysis.

In the beginning of this book you got the third phase in the development of "step 1", and that is the "press". It is really more efficient than the "black sheet", and you ought to start using it as soon as possible. So far I have not been able to find an even more efficient means to stop/annul negative energy, although I have really tried hard, and I am stilly trying, investigating, testing. Either the time has not yet come for that, or there is no faster and easier way to stop negative energy. Be that as it may, we now need to press, press, press, as precisely as possible, the right person, and do it as soon as possible (as soon as we feel the first light touch of negative energy). In this phase, as soon as we press the right person(s), the chakras will spontaneously move clockwise. Because we have created the conditions for their correct movement, and because we have become aware of, and understood, the meaning of proper chakra spin, and because we have already trained the action which is naturally given. We had to practice it for a time because it was forgotten since times immemorial and frustrated by negative energy. Nevertheless, whenever you can, apply the "acceleration" in order to strengthen your positive energy by boosting frequency (the article on "acceleration" is at the end of the first book). So, to remind you once again, the "sword", the "black sheet" and the "press", are all "step 1" techniques. In a way, you can consider them to by synonymous – that is, if the text reads "black sheet", and you have already mastered the "press", you read on as it's written but use "press" instead of "black sheet". For example, the first sentence in the first comment after this article is fully correct even if we replace "black sheet" with the word "press", and that same rule applies throughout.

July 12, 2008 9:05:55 | mindpositive
Just as you say, Bee – when we are in a poor mental and physical condition we only do the "black sheet" for one, two or three days.

But as soon as we feel stronger, we need to get the chakras moving.
IN ORDER TO BOOST POSITIVE FREQUENCY.

Because that is the only way of getting out of THAT negative energy freaking us at the time.
IF we don't spin the chakras consciously for a longer time, we shall always anew be fighting THE SAME PROBLEM, i.e., THE SAME NEGATIVE FREQUENCY. And that need not

necessarily happen. In good phases spin the chakras several hours. Go for a walk and, while you're walking, spin the chakras constantly. It will be a truly refreshing experience.

Balbusor, there are bad spaces. Modern architecture is very inhuman. They install powerful motors and air-conditioning compressors, ventilation systems, power sub-stations, data processing stations in buildings... All these machines produce strong electromagnetic fields, rotating parts can produce very unpleasant frequencies, and all that viciously affects our energy field. The spaces close to such installations are really "bad", and after several hours in such an environment you clearly record and consciously feel that, but you don't know the cause. This is one more example of how experts with a negative mind fail to see the "whole picture". Each deals with his/her own segment: the architect creates beautiful, functional lines; the mechanical engineer powerful machines for efficient ventilation and air-conditioning, the electrical engineer looks after providing enough power, the data processing engineer cares for adequate access... they all follow the law and respect regulations. In the end, they create dozens of tall glass skyscrapers fully dependent on such equipment. This also regards other buildings made of different materials, and so on. I pity all those who spend the day working in such conditions. In an artificial climate, an atmosphere charged with unnatural ions, turbulent micro-particles producing all kinds of strange energy fields. In the past you opened your window and that was that. Today there are no windows, but there are all kinds of machines and installations replacing - an ordinary window. Sick. And you have to eliminate the ordinary window because of noise. Because traffic in the cities has become intolerably noisy, and they continue to build their high-rises at thirty feet from highways with six or more lanes. It has all become so outsized and senseless. The negative mind creates monsters all over the place. Partial problems are resolved without looking at the whole. In particular, they have forgotten the rule that buildings need to be built on a human scale. Not comforting, is it? I don't know whether your store is in such a new structure. If it is in an older, classic building, it can hardly be "bad"

July 12, 2008 10:20:23 | [Bulbasor]

Thanks for the answer. The space is in an old building, erected in 1857. The former landlord, however, had an incredible power "installation" added: the power supply cabinet takes up a half of one wall, the area of the shop is 140 square feet and there are 28 floodlights... enough to light the near-by island. But we have a *sfumato* atmosphere and added a few 200 watt bulbs. All this power could create certain strange vibes, it's all so strange.

July 12, 1008 15:15:28 | [Humptydumpty]

I found the rest of the comment... Lea says she feels like dancing... of late, when I spin all the chakras, I see myself waltzing around, clockwise, I spin and hug myself and feel fine.... probably I am reaching the point of loving myself the way I am, of being beautiful and good to myself regardless of other people's comments... because, even if would like to admit that to myself, I still care about what other people can say... but I slowly realize that is all bullshit... what's in it for me if someone tells me that I am a neat and hard-working woman or that I have good children and a good husband... when all that comes out of negative energy...

July 12, 2008 19:55:55 | mindpositive

Humptydumpty, I thought you had passed that phase a long time ago... That is very, very essential... not needing other people's confirmation of your worth...

The dependence on other people's opinions, on praise, is the core of vampirism.

In order to gain praise you'll be prepared "to do your best" – in translation, give up your energy.

And then you will “nicely” make up for the loss by vampiring somebody else, primarily your children.
Just keep writing, other people also need to remember that.

How to improve one’s finances, somebody asked, meaning the improvement of the business situation.
So, following up on the topic opened by Humptydumpty, I am asking you: how can your business situation improve if you have not, perhaps, developed the sense of your own worth and importance? A healthy sense of self-importance that has nothing to do with exaggerated ambition and vanity.
You need to have the self-confidence that every employer will benefit from YOUR working for him – because you are a good worker. And if he benefits, so should you. You also need to have good conditions for work. All that calls for having a firm stand with respect to your employer. Wages will come after that. They will not be offered, because the world is tailored that way. You need to know how to ask for that and get it. For that you need energy and awareness. Read, read, read. Positive energy develops such qualities and such thoughts. And you support that process – read, learn, find the right books...
July 13, 2008 11:18:55 | [Lea]
Serena, here’s my experience of last night and tonight. Briefly, with no drama, because I’m fed up with drama. I remained alone in the apartment. If anybody subject to bouts of panic reads this, he/she will know what that means. First I listened to music, relaxed. After that the black sheet, sigh, I had the feeling that someone had taken a hundred tons off my back!
Then I visualized my silhouette. I saw myself, with all the severity of my sickness. I did not spin chakras, I am not ready yet because I was very afraid. But I was not afraid of that fear. I realized a very essential point – I had allowed fear to make an INROAD on my body. Now I know exactly which parts were attacked – the thyroid, the kidneys, the ovaries, the joints, tendons, muscles. What I feel now, this pain in the abdomen, nothing can help about it other than spinning chakras, i.e., the turning of spare parts, and that spin changed my fear, brought me back to the originals.

“I can’t” became my motto. I took the line of least resistance, fear ate my brain, a chemical upset in the body, hence MY REAL feeling of fear in the body. A day, two, a month, two, years. NO MORE. Not that I can’t, I don’t want fear. Let’s see who is stronger. If it is in me, how to drive it out? Force calls for more force. I have to accept it and, then, REDUCE it. I feel as if I have received an insight into my inside. I know exactly which fears I carry and since when I carry them. These are layers, an accumulation of scars. I don’t know whether I have explained my case well. The main point is that I have understood it all.
July 13, 2008 13:36:07 | [Lea]
Believe it or not, I am packing... I have to go to the seaside, I must cross tunnels, but I am going. The glow in the eyes of my daughter when I said we were going to the seaside regardless of my sickness will light our way.
July 13, 2008 14:15:35 | mindpositive
A good description, Lea. It will also be useful to others.
I’ll correct the conclusion. Fear is not just a MATTER affecting you, something you accept, reduce, eject... Fear is a RELATIONSHIP. A relationship in which someone steals energy from

someone else.
This is why you need to recognize the persons with whom you have a relationship of fear, a vampire relationship, and deal with the problem on that basis. Your words tell me that you avoid identifying your vampires. That way you will never progress.
I have already written, somewhere, that phobias are not MADE-UP fears and that you will get rid of them by the strength of your will, as if everything were up to you.
It is up to you, but all that has developed in a relationship with someone else, and is not a historic fact in the sense of a fear from childhood which follows you because you supposedly don't wish/can't "forget", "forgive" and the like. Telling someone who is afraid "see, there is no reason for fear, that's only a coat in the closet, not a thief" is a fatal mistake.
Like fears, phobias have a continuous, DAILY real basis – in VAMPIRE relationships. What you feel is the "realest" reality. With roots at the energy level. And, of course, it also causes chemical changes. But you can solve this only in energy terms. And you can't do it alone with yourself, you need to recognize and solve bad relationships with people. It is known that chemical drugs only ease the symptoms, insufficiently at that, with many harmful side effects. So, keep using your self-possession and concentration.

July 14, 2008 11:43:11 | [Pyramid]

Yesterday morning I also had a vehement exercise with the sheet, including the children because things got out of control... for the first time the reaction was very positive as they are concerned, and I saw that one needs to disappear under the sheet, and so I did. The afternoon was tiring, but they still remained OK, I can't remember seeing them like that. I also cast the sheet over the respective person in order to remind him that we were supposed to spend the day together, but work won, as usual; since I covered him all day I think he started to remember that I exist and in this positive way took my energy because he has more obligations every day, and I also have my needs, required within limits, and money for decent living.

July 14, 2008 12:24:55 | mindpositive

Pyramid, you made a great mistake when you said "I also cast the sheet over the respective person in order to remind him that we were supposed to spend the day together".
The exclusive INTENTION with the "black sheet" is DISCONNECT COMMUNICATION WITH THE PERSON CONCERNED THAT VERY MOMENT.
That is, primarily disconnect ENERGY communication.
When you put the "black sheet" over him with the intention to "remind him", you have automatically annulled the activity of the "black sheet". Because you are sending another message, along with the one you are sending with the "black sheet". The two thoughts are contradictory and this confuses the other person. Communications through thoughts are very real, although often they do not reach consciousness - but they do reach the subconscious, and that has an influence on the other person.
Don't be afraid of disconnecting the energy communication with him at that moment. It is indispensable. Later on, when you talk, you will tell him what you want because you don't wish to break the relationships with that person. This is also alright. The rate is slower, but it works, especially when partnership relationships are concerned. But, the essential point is STOPPING NEGATIVE ENERGY COMMUNICATION COMPLETELY, whenever it appears, and that's what the "black sheet" does, with no second thoughts or additional messages. Discuss the rest with the person in question. If you can't discuss things essential to you, that relationship is really bad. I am affirming this, but I think that you (also) vampire him because men give an absolute

and disproportionate advantage to money, when they have to energy-escape from their women (or when they have to escape from a common house where the households includes elderly people). They believe that these are absolutely positive reason for not being at home. That's how all the workaholics came into being.
Give this a thought. I may be wrong, because I only have the picture you serve me, but you will know how to sort this up.
Then you say "I think he started to remember that I exist and in this positive way took my energy"... A totally contradictory conclusion, wrong. There is no "positive" way of taking energy. If you are vampiring anyone and at the same time think "I want us to be together", he will never come, because primarily he feels that you are vampiring him, and even if he hears your wish, he does not care for it, because he wants to escape from your negative energy.

You noticed this detail nicely: when we cover someone with the "black sheet", after that we only need to see a black silhouette and not the specific person underneath; so you saw it works.

I am pleased to note that we have another confirmation of how the "black sheet" can help children to cool down.

July 14, 2008 14:20:47 | [Pyramid]

I vampire him, even more that I thought, last week we clarified a nuance... Stop negative energy without any other intention of mine? It's nice to see that you figure me out completely, and explain everything and make it crystal clear. In the *Celestine Prophecy* there is an example: some guys were chasing another car in order to stop it, and it kept fleeing them ever faster; and that's how it looks in my case :) Although that was a communication with a shift, when I remove this nuance as well the shift will increase.

July 15, 2008 14:34:17 | mindpositive

Ana, high blood pressure is always a sign that we vampired someone very much, i.e., stole his/her energy. I think that it will drop soon as soon as you stabilize positive energy.

Energy is MOVEMENT by definition. This is why measurement by pendulum indicates the direction of movement at that particular point in time. Thus, in that moment you detected the positive directions of all chakras except the throat chakra. Through the throat chakra you could have fleeced five people. Plus, who knows what was taking place when you did not watch with the pendulum.
To conclude: when we start spinning chakras, we are not used yet to the positive circular movement of energy, and make a mess in no time by turning a positive direction into a negative one. That happens, as a rule, when someone turns us into a vampire.
Passive vampires also have their own victims, whom they vampire. Judging by the failures of your daughter that you mentioned (without seeing the basis for them) and fatigue, it is obvious that somebody is vampiring her; probably you are her vampire also, probably, because you let some old folks vampire you.
That's the impossible situation, when we give all our energy to old folks, but do it directly and totally at the expense of our children.
In a few words, passive vampires are only vampires smaller than active vampires. In my book I described the significant character differences between the two groups, and the insatiable greed of active vampires as opposed to passive vampires who pursue their action just to survive. What

is important is the firm decision to activate and stabilize positive energy but we need not feel guilty because we vampired so far -
and we have ALL vampired, and it's not easy to stop.
Your case shows that. You must learn, that is essential, to feel with your mind and your body, when your energy field is positive and when it is negative. That is the basic "instrument". The pendulum is only an additional check. Nevertheless, the pendulum can help us a lot in the fast identification of persons vampiring us at a given moment, and that is essential.

July 15, 2008 15:19:25 | mindpositive

You have seen, Pyramid, how long it took you understand the vampire role in your marriage. I have been "drawing" this picture, to make you understand, quite often in my comments, and yet you keep thinking – surely this does not refer to me, poor me, my husband does this and that to me... I really have a hard time.
I am not saying that your husband is an angel, but let us start from ourselves.
Even you are beginning to understand why I am repeating all this, like a parrot – read the book, read the new posts on the blog, read the comments...
All the stories reported by "others" are also "our stories". Most of the things I told someone are quite suitable for the rest as well.
I hope you distinguish the unproductive feeling of guilt and the productive feeling of RESPONSIBILITY for the situation, and that is always associated with UNDERSTANDING. Understand yourself and the other one. So, well, we have progressed from impasse....
Nobody is naturally positive, except babies.
But some people are less negative than others.
If only one member (of a married couple) does the merry magic, the situation is a mess.
For men, the basic point is stop being energy subjects/slaves of their mothers, sisters, possible aunts... So, if in a married couple the husband is the one that moves the chakras, he will do a lot if he pulls away thoroughly from his parents. Do you know what thoroughly means...? In order to avoid repetition. That's the first step. His wife, though negative, will understand that change very well and relax her negativity toward him. This will strengthen lost confidence. Because she does not believe him and that is why she is acting negatively, she tries to protect her children... and wants him to give his energy to the children and not to the parents. As we know, that is futile and a blind alley, she would not solve anything with that...
And, when confidence starts coming back, the moment will come, for him or for her, whoever first started focusing on positive energy, to explain positive energy to his partner, give him/her the book and thus turn him/her into an ALLY.
And then all the old folks will end up where they belong, in the backseat and not on the throne.
I am not callous. That's the only way to deal with things in the transition phase. I am just rooting for the kids. They are our only chance. We must take off all our energy debts from the children's backs – because we put them there, all of them. Debts for which we lost cover a long a time ago, we spend much more energy than we have... banks do not tolerate that, and neither do the children who cut capers in various ways because of that, while the top dogs who squander the family gold on dumb things are the oldest members of the family.
Therefore, he and she as energy allies and FINALLY PARTNERS.
I am not writing a fairy tale.
One day somebody will write to me and tell me that he/she played that party this way. Later on everybody will see that this is possible.

June 16, 1008 17:52:25 | [Jaja]
This is the first time I am reporting so that I don't know how this functions, but I am trying, anyway. THANK GOD AND YOU FOR THIS BOOK AND THE BLOG. A month and a half ago my son had an accident and only God' miracle could keep him alive. Until now my life was anyway a struggle against everything and everybody. Sometimes I think that the loads of our families have toppled down on my back and the back of my husband. There are many stories which are more terrible than mine, but how to stop all this negative energy? I had a tough time since birth because my parents left me to my grandmother and went to work abroad in the search of better living. Then they returned and my mother gave birth to my brother, and all the attention was focused on him. Grandma got very sick and was bed-ridded for three years, then died. My mother kept drinking tranquilizers. I was still somewhere in the background and I soon approached the twenties. By that time all the members of my family managed to fall out with one another – my paternal uncles with my father, my maternal uncle with my mother. Then my mother lost her second brother in an accident. Horror. I got married, even greater horror. I could not have picked a worse father and mother in law. He was all abuse and had a stroke, and she a possessively jealous creature with high blood pressure. My mother got sick with cancer and died, my father had a fatal heart attack. After twenty years of mentally abusing us and our children my father in law died.
... To end: my mother in law is still around, taking a gloomy view of everything, complaining and groaning all the time. My sons are great boys but with my concern I probably did a poor job. I don't have a high blood pressure but I have always felt poorly and kept going to bio-energy sessions. Dear Serena, I know I am not here by accident. THANK YOU
July 17, 2008 9:34:03 | mindpositive
Jaja, your family story is certainly grave, now you finally understand why everything happened the way it did. Now you have the means and the way to stop this chain of misfortunes. Read everything on the blog. You will see that it is not easy, but you have set off and you'll get there.
July 17, 2008 9:16:05 | [Sandra]
I have developed a small addition to the merry magic technique, Serena. Before I cast the sheet on myself or somebody else I pronounce, in my mind, "I am stopping negative energy", and I sometimes sigh even before visualization; and while I do the merry magic I pronounce, also in my mind, "I am activating positive energy, all my chakras spin clockwise, my energy field is positive, I vibrate resonantly with the Universe, I choose love, and the like". It is OK to think of such positive affirmations while implementing the technique?
July 17, 2008 9:46:15 | mindpositive
I think your positive affirmations are OK, Sandra, they are your verbal expression of the DECISION and GOAL we attain by way of energy.
Verbalization helps some people.
I don't think one should proceed too broadly and verbalize everything. The things you mentioned are enough, even too much. This only verbalizes what we visualize. If we spread the story, we lose the focus, concentration and, therefore, efficiency.
Actually, my recommendation is to use such verbalizations as briefly as possible. Whoever has already practiced various "verbal affirmations" (before the "merry magic") knows that their effect is low, if any. And it is clear why – they don't have an adequate energy "logistics". It's like persuading yourself with no cover. As if, if you kept saying "I'm buying a BMW", you will buy it some day. No way! As for Sandra, she combines energy work and creates thereby a

"cover" for what she expresses verbally. There are no contradictions, simply an old habit. That is why I am not against THAT verbalization, but only until visualization starts to work. Otherwise all habits are a burden.

July 17, 2008, 14:56:13 | [Jaja]

(Note: hereinafter I have arranged all Jaja's comments into a single Jaja's story which flows as if was written in one breath, though it was not, as the dates show. You will find that story, just like Renchi's, later on in the book. In order to avoid repeating the same thing, the contents of their comments will be deleted from the comments listed chronologically, but I shall leave the date and name in order to show where they were).

July 18, 2008 1&:27:12 | [Ivana Z]

Dear Serena, I have been doing the merry magic for a month now. I enjoy the changes. I try hard. A few days ago I had the first major crisis. I appeared to have greater problems in visualizing chakra spin than during the first attempts.... But now, after I read a few of your posts and managed to do the sheet and the merry magic to the end, I automatically feel relaxation, my brain works better, I feel physically better and there appears to be more light in my room now...

A friend of mine told me about your book, and that is marvelous, and so is the fact that I started with it.

I mainly struggle with the following: when I feel that someone is totally negative, i.e., a vampire, I am overwhelmed by negative thoughts – I would like to help him/her, and then I would like to run away if there is no help. But that is not always possible.

July 19, 2008 13:45:03 | mindpositive

Resist the temptation to help the "very negative guys", or anyone. You will find several posts (texts) in which I explain the issue, as well as comments. You simply have no strength for helping them, and that derives from the fact that no coexistence is possible between positive and negative energy. Negative energy simple DESTROYS everything, even ITSELF. That is the only reason underlying the universal destruction and aggression of the world in which we live.

July 19, 2008 13:52:38 | mindpositive

Welcome, Dalibor! Dreams mainly send out useful things, you only have to learn how to interpret them. Not in terms of the symbols found in books but in line with your own dream "dictionary". Dreams mainly tell us what we refuse to accept in our conscious condition, or things we don't even think about and which are important.

While we are mainly under negative energy it is difficult to interpret the message in the dreams because they are muddled just like our mind, and mainly express fears.

As our energy becomes more positive, our mind becomes capable of understanding everything more and more clearly, and the message of the dreams become more understandable. I think they come from our "higher self" and are really useful. They explain, because it is important to UNDERSTAND, they draw attention to problems.

64.

Sunday, July 20, 2008

The cat Kiki as an ally

Vacations have started. The cat Kiki, who lives with my daughter and (now) son in law, spends his “vacation” with me when they are on vacation. We get on well, we know each other, we used to live in the same apartment. He is also a protagonist in the book and appears in the epilogue.
Kiki is a control factor just like that. Here, let me teach you.

You know that I detect quickly when someone focuses on me with negative energy. In this regard Kiki and I respond approximately with the same speed, and that is a compliment to me, not to him. He learns that much faster than I do. He also probably understands better, but can’t say it. And so, for instance, I feel negative energy. Now I have few candidates appearing that way, and often I know who is involved even without a pendulum. “Black sheet” on the guy, then on me and...

When I am not fast enough, Kiki has something to say. He pitilessly scratches his neck (that is the zone which I am currently releasing from negative energy), and a tuft of hair drops on the floor. Until we “installed” the black sheet my daughter would command “no!” and Kiki would stop scratching himself. Kiki understands that verbal “no” quite well and respects it, poor thing. But that was not alright because we did not solve the energy problem which forced him to scratch himself – because we simply did not detect it. We behaved severely – in fact so humanly unreasonably toward poor Kiki. So, Kiki feels negative energy because my feeling of a stronger attack of negative energy always coincides with his scratching and hair tearing. I apply the “black sheet” on that person, on myself, then on Kiki.

Within two seconds Kiki stops scratching himself.

When I am faster in detecting negative energy Kiki just shakes. He probably shakes off negative energy. Here, here’s the story of how Kiki understands the “black sheet”.

What does that tell you about the “black sheet”?

That it is an energy tool that works.

What else does it tell you?

That the energy language is universal and that it extends to animals as well. But also to all living beings. (Incidentally, did you treat your plants with positive energy as I wrote in a post? Nobody has reported anything in this regard. The essence of the treatment involved visualizing positive chakra spinning on plants so that they also

learn to produce positive energy. Attention: positive chakra spinning cannot and must not be done on people!)

Therefore, the “black sheet” really affects both real energy and real behavior, such as the scratching of a dear animal. (In the first book you have a story how scratching in cats, if it is not stopped, can cause wounds which get infected, do not heal and can be life-threatening. Kiki once ran a fever because of that, and only antibiotics helped – but only temporarily).

You have already understood this, on yourselves. That the “black sheet” works. Objective confirmation is useful. Is there a confirmation more objective than Kiki’s experience? No, man, there is not. Kiki is tops. I have already said that.

Observe a little, apply the “black sheet” on your dog as well, especially if the animal barks for a long time for no reason. After you have nicely checked that, check everything else I have been claiming and – after persuading yourself – use the sensibility of your four-legged friend. How?

This way. If you have not developed sensibility yet, and you are not sure whether you distinguish positive and negative energy, or notice negative energy too late once you are already in a coma, look what you four-legged ally is doing. When he starts to scratch himself desperately, or when he appears to be shaking off something (there may be other signs; if someone is a good observer, let him inform us). Or, if a dog barks for a long time, quickly cast the “black sheet” on him, on yourself and then detect who else requires that. There are countless energy allies, you just need to notice them.

All this holds good AFTER you started activating positive energy. Your four-legged friend understands quite well the difference between positive and negative energy; you do it somewhat more slowly. But YOU, THE CONSCIOUS BEING, ARE THE PROMOTER OF THAT PROCESS.

And while you were only negative, your cat or dog or any other animal was also energy negative. And vampired regularly, just like you. Somebody else, who knows whom. For you, his master, in such negative energy circumstances he is always the victim. Especially if it is a dog. Dogs can be drained of all energy. “The dog is man’s friend”. Poor dog. Or cat. Our Kiki was dying for us until we freed him from energy slavery.

(Note: this situation with Kiki progressed a lot over the following years. Kiki

UNDERSTOOD that I stopped negative energy. So, he no longer scratched himself or shook as cats do but, when he first felt negative energy, came to me and looked at me without batting an eye – not like a cat but very much like a human – until I started to stop negative energy. He really looked very smartly, in a special way. When the operation was over, he would just go away. If I was busy reading or writing, which is most often the case, and would not notice him and his look, he would get up on his hind legs and started to touch me gently with his paw, again more like a human than as a cat, until the stopping operation started. Kiki understood the problem and understood that I am solving it, and reminded me if I failed to take the necessary steps. Can you believe it!)

Stay alive and kicking!

July 21, 2008 16:57:48 | [Pyramid]

Serena, I have problems with that chakra or auxiliary chakra on the painful spot. I usually have a problem when I spin it for half an hour – even if it starts to spin normally, after a few minutes it begins to twist, and so I apply all possible techniques and usually turn my imagined figure so as to make the chakras as regular as possible. For a month I can't find the inspiration for finishing a job so that I could take a proper rest, but I just can't get started although time flies. Is that normal? I try to "rewind the tape" to see who does not want me to get the job done, I cast the sheet, but it does not work.

July 21, 2008 17:38:04 | mindpositive

Pyramid, always first stop the negative energy by using the "black sheet". If you feel you have failed, add by doing the "sword and threads" on yourself. If you don't do it, visualization gives you the information you have described ("auxiliary chakra on the painful spot... after a few minutes it begins to twist").

When you are sure you have stopped negative energy – and you also know it because the pain in the typical spot disappears in a minute or two (or almost disappears), start spinning the auxiliary chakra on the painful spot for as long as you can manage in order to heal the spot (because you have already removed the pain with the "black sheet"). Fifteen minutes is fine, half an hour even better (of course, every now and then your attention will drift, but when you "come back", just carry on). What is important is finding who is vampiring us, among others because that helps us to cast the "black sheet" over the individual in question. Nevertheless, I don't think it's productive to look for who "does not want you to get the job done". People are never so focused and concentrated against somebody else.

You certainly need energy in order to get some things done. If there is no energy, the job is not done. Actually, many times we can postpone the job and, when the energy returns with a higher frequency, get it done easily. But often we don't not want to see that he deadline can be moved because we mainly feel guilty and feel the urge that we "had to" do something. I have the impression that the job you mention belongs to that category, and not to the category of "undeferrable" ones (of course, there are such things as well).

July 21, 2008 19:46:35 | [Pyramid]

Serena, I just saw the light, I think something has become crystal clear and understandable, I

think you mentioned it somewhere but the matter obviously did not click so far. I kept thinking about what happens when a person is covered with the sheet; I was especially interested in acquaintances and colleagues, I had the impression they were avoiding me, or keeping away, and I found that strange because formerly they used to greet me cordially and add a couple of words as well. I do not know whether they now think that something's wrong with me, that I am deliberately keeping a distance, or just behave like that out of some kind of respect.

July 21, 2008 21:15:41 | mindpositive

That was not a brilliant way of expressing yourself, Pyramid, but you'll improve. As I understood you, to sum the point up in my own words, people's behavior toward you has changed. This is very essential because it shows that you have changed. Just wait a little before any evaluation, though you do lean toward the positive. I think the evaluation could already be quite positive, it's only that you still fear change, like all people, however much you hoped for it. Your husband could also see you in a different light just as other people do. If I remember well, he did not hold you in a particularly high esteem. How could he, when you did not set a high value on yourself? You can hear this verbally a hundred times and yet be unable to change it. But when you again acquire your inner strength/ENERGY, you will feel your value, unequivocally and convincingly (with no "push"). That process has already started and other people are showing that to you.

You mind somewhat the aloofness other people show toward you, but that is OK. We no longer fish for other people's affection just like puppies in the belief that the liking expressed by other people confirms our value. All that is deceiving, and we have all written a lot about that, because it is based on poor energy relationships and assumptions. We just have to know our own value – without giving ourselves any airs.

July 22, 2008 8:52:25 | [Sandra]

My daughter asked me: "Mom, how can I make up for the immense quantity of energy dad took away from me in just half an hour with his lecture on my going out, my company, boys etc. My head aches." I tell her to spin chakras more often and throw the sheet on us. The girl has read the book, but she doesn't feel like spinning. What did I want to say with this? I wanted to say that negative energy is insidious and strong beyond belief. My husband and I have been spinning chakras regularly for a month and a half, and we still perfidiously and systematically steal the energy of our child although we consciously decided not to do it. That's back-breaking work, Serena. I only hope that the reward will be adequate if we persevere and remain consistent.

July 21, 200 10:16:21 | mindpositive

That's right, Sandra, back-breaking work.

After quite a few months exalted Name wrote "war, folks, this is war!" It will not be a short one. Maybe shorter for you, because the whole family has read the book and you two are engaged in energy work. That is essential. My daughter did not want to do the "merry magic" either, for quite a long time. Young people probably find the idea tiresome. Never mind, the important thing is having them read the book, they will apply it when the time comes for that.

As to what is important for you, you have to detect, in discussions, behavior patterns that you thought to be totally alright, like the father's lecture to his daughter, but your energy picture tells that this is not so. What is the lesson to be derived from this episode? Certainly not to have the father failing to discuss important matters with his daughter; however, before such a discussion he needs to positivize himself and carefully avoid energy slipping by accident into the negative.

In that case, the discussion would probably be entirely different, and surprising even to himself. He would come up with some thoughts and ideas which he did not “prepare” and which would certainly serve a much better purpose.

We have crammed too many fallacies into our life and it is high time to cleanse them all. Everything around us, including us, is a major “fallacy”, a “world of shadows”. What we consider to be reality are merely shadows. With negative energy we are only shadows, distorted shadows.

Yet, soon you will begin to notice, as someone with “more years of service” has recently reported, that some problems at the manifestation level have been resolved, and new ones are coming, but at another, higher level, and they are also being dealt with. This does not mean that life’s problems multiply but, rather, that newer problems are at a different level.

The reward will certainly adequately match the effort and as the first thing that will be visible most clearly your daughter will start dealing with life’s problems in a mature and good way, and you will feel and notice this quite clearly. You will feel it as trust, genuine trust, that she will be able to cope with her challenges. Such trust in her will start to erase the fear you still feel for her, and when fear disappears, you will know that negative energy has also disappeared. Notice that, in the beginning through minor things, and later through all the important events in her life. And in yours.

PS I’m quoting you: “... negative energy is insidious and strong beyond belief”. Hardly a day passes without my having the same thought. In addition to our having to change so much in our behavior and our relationships we change our subatomic structure. Every electron, proton and all the rest in our atom needs to spin in a totally different direction as compared with the current direction. Among other things, we do this with the “merry magic”. Then you grasp additionally that there is a lot to be done. The mother of all challenges.

July 22, 2008 11:45:39 | [Sandra]

Thanks for the comment, Serena, I know we don’t have a sufficient “length of service” in practicing the merry magic in order to feel major progress in our relationships, at the energy level and even at the manifestation level but, as they say, nothing without work. My goal, wish and adequate reward in this life would be a change of perspective, as you say, so that we experience the same cats, houses and trees, but also people, in a different way. A positive way, of course.

July 22, 2008 12:22:35 | [Dalibor]

As I read the book I came across the title “I love girls in summer dresses” and it intrigued me... ten and more years ago the sun began to irritate me, my face reddened slowly, then faster and faster... I went to see a doctor, “rosacea” says he, reason unknown, triggers: sun, hot, cold, food, stress etc. I would so much like to get rid of it, but all the creams and the rest have been ineffective! Could that be a reaction to negative energy? Thanks!

July 22, 2008 13:17:21 | mindpositive

Dalibor, I believe that your “rosacea” is a reaction to negative energy, and that it will pale – as you become more and more energy positive - and eventually disappear. At a certain point in my life my skin started to get reddish below my ear and down to the neck, reddish spots, not too pronounced, but not attractive either, of course. I noticed that quite a few of my peers had the

same problem. I don't have them any more. They disappeared completely. Let me add that the skin on my face has not been so clean and smooth since adolescence. The wrinkles are there, though fewer considering my age, but I have the impression that they are slowly being "erased". At any rate, there has not been a new wrinkle in the past five or six years. You are younger, and could get rid of your problem faster. Let us know if the "rosacea" has started to disappear.

July 22, 2008 13:51:53 | [Pyramid]

Here's me again, Serena... I mastered that Jing... as you also said, it's not complicated. I can say that it made me rather sad... truth to say, I did not do the ceremonies and preparations before I started, maybe that was a mistake. The answers I got were not brilliant, so that I am somewhat depressed. Have I made any major mistakes? Sorry to bother you, but that's your home ground.

July 22, 2008 17:43:46 | mindpositive

Pyramid, you don't need a whole "fest" as preparation for consulting I Ching; at least we who activate positive energy don't need that because our concentration is above average. The essential point is concentrating on the question while you toss the coins so that your mind does not drift off. The hand always tosses the coins well. The interpretation of the obtained answer calls for experience. You will acquire experience the best way by recording the questions and the answers (just like the numbers of the hexagrams with variable lines) in a notebook, including the dates.

<u>After some development of that event in terms of manifestation, look at what the hexagrams foresaw and compare that with facts.</u>

If you don't like the answers, this does not at all mean that you have erred in the procedure. Can you always expect likeable answers? Then the book would not be worth a plugged nickel.

When you don't like the answers, and that is ESSENTIAL – THINK OF ANOTHER SOLUTION FOR THE SITUATION. When you com up with another solution, you could be surprised seeing how different the answers will be. And all that, say, within one hour or one day or three minutes. And that only confirms that any thought or idea can be replaced by another (possible better), and that the course of the so-called destiny changes completely. In the same objective conditions. There is always more than one solution, nothing is final, because like a river life flows on.

I Ching very precisely says the following: in given circumstances your idea will produce solution X. When you change the idea – in the same objective circumstances – the solution will be Y. However, in order to better solution, you need a major REVERSAL in your way of thinking. This calls for increasing the frequency of your energy, especially as regards some essential vital issues you held blocked and fixed for a long time because that is most often the case. Nevertheless, sometimes you can't change anything in that moment and you simply need to wait, be passive. People in the East are very skilled at that, passiveness, if there is no other way. As they say, a small effort at the right time is much better than a huge effort at the wrong time... Read the one hundred pages of the introduction discussing Eastern wisdom at length. Very instructive.

July 22, 2008 22:30:23 | [Haloefekt]

Hi everybody. Considering the repeated call for reporting on the effects of merry magic I have decided to report without interrupting the course of some thoughts. I wanted to point out, for a long time, that this year, thanks to merry magic, I managed to tolerate allergy in May quite well.

Over the past thirteen years I spent that period crying, sniffling and sneezing, and used more than a hundred tissues a day. This year, whenever I felt like sneezing I immediately resorted to merry magic, but at the time I noticed that bouts of sneezing occurred with the appearance of negative energy in my environment. I'll see now what is going to happen with summer allergy...

July 23, 2008 13:43:46 | mindpositive

If summer allergies "pass you up" as well, Haloefekt, that is, if you manage to control them with the "black sheet", I think we can open a bottle of champagne... especially since I gathered, looking at the quantity of tissues, that allergy must have given you a truly hard time.
How do you stand heat?

July 23, 2008 16:22 | [Haloefekt]

Last year was terrible, and previous years were no better, heat is horrible and so is cold. Now all this no longer affects me particularly, and that is good ! Merry magic is truly a marvel of marvels!

July 23, 2008 23:17:55 | [New Sun]

Dear Serena... This is indeed the longest summer in my life... I am just recovering from about of learning although I still devour books (habit, hee hee); anyway, I am waiting for the weather to clear up and then I off to the seaside. But, frankly speaking, I can't get out of the negative fix. I can't believe that you managed to DISCOVER all that, and even beat it. I know when I am in a negative fix, and put on that black sheet, but sometimes I feel better, and in most cases don't. An ally? No chance, I can imagine the reaction of my family: are you normal, what chakras? (By the way, is there another word for "chakra", my folks particularly detest the word?). All my life my behavior resembled a manic-depressive psychosis rather than the life of a teenager. As a clever child that learned and read a lot I used to experience long bouts of depression, followed by mad partying and crazy laughter... (Mom probably gave in a little when that happened). At the behavioral level I finally managed to stabilize my life, I enrolled in college, I have a fine family (an excellent one in terms of current standards), I have the best friend ever and I adore her, I want to advance, I want so many things... BUT ... How to get rid of this but?

Love has always driven me mad, it used to be the cause of depression even if there were no particular love stories at the end of the day. I have an idea: every active vampire focuses on a specific part of human life, some concentrate on specific organs and then the family feels pain, some have traffic accidents, others go to extremes, some can't find happiness in love (that being the case with the younger members of my family).

Oh, yes, thanks for the congratulations on my college, I am proud too :D I still fail to see clearly how I managed in such a negative environment (I don't doubt that mom "sucked" me). Generally speaking, I am doing more or less fine, but I don't want to carry on like this. Thank God, I feel no pain, but in my case all this is manifested as lack of self-confidence, sadness, carrying the torch for a boy (I feel as if am choosing the least accessible ones), tears, lack of strength... I don't want to go on like this... :(Regards to you too

July 24, 2008 10:29:04 | [Equilibrium]

New Sun, I think your "length of service" on this blog is approximately the same as mine (roughly, a year, right?) only because I am three times older than you. In my past, I think, there were also vicious vampires, but I was nevertheless a top grade student. However, I remember that period as an extremely strenuous one. Probably that was a battle on two fronts, parallelly,

something like yours, I think. From my perspective your youth is an advantage – you don't have a large negative sediment and you will easily spin YOURSELF CLOCKWISE. But, on the other hand, you have active vampires in the form of your living ancestors, which is no longer the case with me. So, no adult allies for me, but my children need to live spontaneously in a positive environment without my draining them. So, it turns out that all the threads are in my hands. I find comfort in the knowledge that it also took Serena a number of years in order to achieve the current "status" – or, more precisely, in the fact that this is a battle that never stops and one that is waged daily. Only trained people, probably, engage in this with greater ease and belief based on the results they have witnessed.

July 24, 2008 11:05:59 | [Equilibrium]

Serena, recently you talked about weight in one's legs. Until recently I would have described my gait as firm and spirited, and my *modus vivendi* as a continuous, short or long-term focus on a specific goal. Now, after almost a year with the merry magic, I have a strong feeling that I have reached an impasse. Or, more precisely, a crossroads. There are roads, but no signposts. Until very recently the most frequent words in my head were I HAVE NO TIME, and now this has turned upside down. This is the most evident change in this, the first year with the merry magic: as much time as I like, but for what? And WEIGHT in my legs, and I am a skinny type.

My whole body is somewhat stiff, I can't relax (to be sure, I have to move carefully because of my sensitive spine). But you can't live that way, that's not positive, that's no joy! Am I resisting change or is this just the consequence of usual panic due to the chronic lack of means of livelihood for a longer period? Formerly I experienced that as a tightening of the neck and now the feeling has moved to the legs – as an impossibility of progressing toward...? Where am I supposed to go, and fear paralyzes me on the spot? I walk carefully and in my head I wish I could dance madly. Horror! I need encouragement, optimism or an instruction: should I concentrate on the legs where, as you say, you can have quite a lot of negative energy? The pendulum shows that everything is all right with the knee, and I feel pain which does not let me dance. Maybe the time for change has not come yet, and I should just stay hear and spin, what? I am forced to deal with myself, and I would like to deal with global pain, move cupboards, order everything around me, just not myself!!! Poor me!!! I recall now the title of that book, YOU CAN IF YOU THINK YOU CAN. I should really read the book again to inspire me and help me to turn the question HOW LONG AM I GOING TO CHOKE IN A MONEY CRUNCH into something more constructive and something that I will BELIEVE. There is a key in that belief, and I am a damn atheist. But I'll manage sooner or later – I am EQUILIBRIUM, am I not! Hi everybody!

July 24, 2008 11:42:29 | mindpositive

You gave me nice analyses, New Sun and Equilibrium, calling for detailed answers. I will do that in the post, today or tomorrow.

July 24, 2008 12:44:22 | [Dalibor]

I remember periods when always something happened to the car if I was driving my sister or my mother somewhere; even if nothing happened, I was very irritable. Terribly! In college I felt a blockade of thoughts and could not learn. I wish I had known all this before... as somebody said, this is a tough struggle, and it is really tough, but I am sure I will succeed. I could write a lot, I just have the feeling that I must remove all those years from my head but I don't know how, yet.

July 24, 2008 12:36:05 | mindpositive

Dalibor, I think your conclusion is stimulating: this *is* a tough struggle, but the things that

happened before were nastier with an even more vicious prospect.
Do write when you have an inspiration because women report much more often, and we also need men's experience with positive energy and "tough fights".

July 24, 2008 13:20:33 | [Jaja]

July 24, 2008 13:43:46 | mindpositive

Jaja, any pendulum is good.
On ourselves we can check the whole field or each chakra separately.
On other persons we need not get into details (individual chakras), but just look at the whole field.
My experience has shown me the following:

- Pendulum clockwise – it is clear.
- Pendulum in any direction in a straight line – that person or chakra is negative. Such a person drains our energy.
- When the pendulum spins counterclockwise, this is a sign of great negativity, and if such spin is repetitive, it is often the sign of a serious sickness. If the whole field is detected to be counterclockwise, such persons are dangerously draining the energy of others around them.
- The pendulum can stand still. Such a person is in the first phase of negativity, and drains the energy of others slightly, if at all.

Until we acquire skill with the pendulum, information on other persons obtained by using a pendulum can be checked through discussion, by asking what was happening to the person in question at that moment, or how he/she, felt, or what he/she thought. In this way we detect the connection between the energy level and the level of manifestation. Since energy is MOVING constantly, the condition changes. Even fairly quickly. Especially when we focus on energy work. This is why we check our own feeling that we are negative by using a pendulum and detect the degree of negativity in the foregoing sense; and see who is the most negative person around us; etc. We also try to detect who is the source of negativity in that moment. After some time we can create conclusions on who is the vampire and who the victim in a specific relationship.

According to *Geometry…*, it takes a lot of inventiveness and good knowledge of the nature of energy if this work is to produce correct information. I am not discouraging anybody, I am just telling you – don't be careless when you use the pendulum.

65.

Friday, July 25, 2008

The average unhappiness of an average fine family

Hard-working, smart, successful and a good soul – and unhappy. Our teenager and – just now – freshman girl, just placed in the top part of the list for free admission, New Sun. "Unhappy" is a heavy word and can indicate quite a few things, but here

we are dealing anyway with “average unhappiness” because this covers most people and because an “averagely unhappy” person can help himself/herself much more easily than a “seriously unhappy” one. Regardless of the inaccuracy of these terms, we get the point, and I put New Sun into the “average unhappy” ones. Here is her comment:

All my life my behavior resembled a manic-depressive psychosis rather than the life of a teenager. As a clever child that learned and read a lot I used to experience long bouts of depression, followed by mad partying and crazy laughter...

New Sun is obviously an A student, well-read, a serious girl, and the above statement on “long bouts of depression” from which she sometimes apparently emerges with hysterical laughter is at first pointless and unreasonable (uncontainable and apparently uncalled-for laughter is a mode of vampiring). The same holds true for the continuation:

... generally speaking, I am doing more or less fine, but I don’t want to carry on like this. Thank God, I feel no pain, but in my case all this is manifested as lack of self-confidence, sadness, carrying the torch for a boy (I feel as if am choosing the least accessible ones), tears, lack of strength...

Three times as old, Equilibrium immediately remember her own situation at that age, and few people could say that they did not experience similar feelings like that for quite a long time, even after the youthful days – to be replaced later by who knows what kind of substitutes for security and self-confidence, i.e., falsified signs of maturity. And this feeling of maturity would break at every turn in life, with every problem, and we would again be totally insecure and ask, without understanding anything, “why is this happening?” or “God, why have you forsaken me?”

After reading *Geometry…* we understood that problems such as the ones described above develop because parents drain the energy of their children. So, we have before us a specific case, our New Sun who, as we know, has every reason why she should feel unhappy and miserable, but she has read and understood *Geometry* and does the “merry magic” as much as she can.

She did enroll in college at the top of the qualification list, and we all agree that this is excellent. Maybe the “merry magic” also helped a little. But she is still unhappy in her soul, as we can fully understand, and with all the *Geometry…* applied over a year she has not been able to dispel that mental anguish.

“I don’t want to carry on like this”... says she with every right, but what is she to do?

“I have a fine family (an excellent one in terms of current standards)”...

No doubt about that either. I wrote something similar about the family of my cousin and the kid I drove when she had the entrance exam. Fine family in every respect, but they have no idea about energy and there’s trouble for you.

In the beginning trouble looks benign and trivial, as confirmed by this:

“Mother won’t let my brothers in peace... Has he eaten anything, what is he doing, where is he, who with, who writes to him, who is calling him, is he hungry... The saddest thing of all, they are thirty-plus, bachelors... Negative background? The most frequent excuse in the family: I don’t feel like it. One brother has bronchitis, the other is apathetic, and I also seem to lack the strength...”

But New Sun has completed the “geometry school” and concludes that the situation is everything but harmless:

“... and now I see how serious this is...”

Of course it is serious – three young people already well-damaged by negative energy, i.e., primarily by the vampirism of the parents (and other relatives and friends). Worst of all, they lack enthusiasm and inspiration at a time when they need to be in their prime, to create the foundations for independent life.

What is a fine girl in a fine family to do when three young people are miserable, unhappy and listless? She can’t leave her parents, that is clear, with all the studies awaiting her.

Although the elder brothers could do that, but they – lack the will, even for that.

Over the past year her energy achievement was low because, objectively speaking, it could not be better considering her youth and the circumstances. I don’t know how much you practiced the “merry magic”, but I see that it was a mission impossible. Yet, you did a great thing – you have read *Geometry* and understood the concept of positive and negative energy. Now you feel that he time has come for realizing all that, and here is my scenario.

This is what I propose. I proceed from the assumption that a candid discussion is still possible in a fine family, even if a little by force. I say “still” because in a moment negative energy can completely thwart a candid, equal discussion in which everybody listens, everybody thinks and everybody talks. As it usually happens, somebody holds sermons or complains, and the others are supposed to sheepishly feel guilt. That, of course, is no discussion. That is vampiring.

Therefore, with the idea of candid and open discussion in mind, the young person solemnly declares to her dad and mom that she needs to talk to them, on that particular date and hour. Of course, they are flabbergasted, because that has never happened before. A call for discussion.

Maybe it would be better to do this casually, by inviting them to lunch, dinner or only a cake she has prepared. That would be an ambush but, considering the circumstances, quite a justified one. Moreover, after a meal people are a little less energy negative.

Half an a hour before the agreed time the young person places the “black sheet” on her parents every five minutes in order to reduce their negativitity as much as possible, i.e., to make them as inclined to open discussion as possible.

And then the young person says: ”Dear dad and mom, I feel miserably, I am sad, depressed, I am not in the mood for anything even if I am doing well at school/college. I can’t go on like this, I want to solve this problem. I found a book which describes very well the problems of young people and suggests the way of dealing with them. The book has also been published on internet, and many people have reported on good results achieved by that method.

I know, dad, that you only read the papers, I know, mom, that you say you have no time for reading any more. But I cannot solve this without you. I need you not only as regards paying for my education but also to resolve as a family what is troubling me. Therefore, please read the book carefully, and we can then talk about that. Here is the book...”

End of talk, again “black sheet” on them every five minutes. If possible, leave the room and avoid answering questions like “how long have you been depressed”, “why didn’t you tells us”, “why all this”, “what happened to you”... The young person leaves with a superior smile and says “ I’ll tell you after you’ve read the book”. Both of you. Do you want to help me or not? I am ASKING you to help me”,

Can a fine girl/boy say something like that to her/his fine parents?

I would like to hear a realistic evaluation from all generations.

I think that it can be done and – moreover – that there are no other avenues. This also holds good for those who think that their family is not, perhaps, the "finest". These are anyway very inaccurate characteristics uttered mainly in a humorous tone.

There is no other way because the young person cannot wage an energy battle with her parents on her/his own. No chance, objectively. The parents are two, a united front of negativity. They are numerically stronger, they are used to being stronger, they flaunt the authority of their (parental) function, they think they are responsible, they think they wish the best, and actually do the worst in energy terms. The child cannot confront the parents alone on the energy ground, even if it is kept within the family. No go. Mission impossible.

The child cannot explain anything either – briefly, positive and negative energy, the chakras and all that... Most people would not listen to that even if the prime minister or the president of the academy talked about it. But the speech I suggested could shock them, provoke or surprise them. One needs to use the fact that the book exists even if that is going to be the first book they will read in their life.

And, then, insist on it. Refuse any discussion on "describe how miserable you feel"... Yes, I feel awful, but we can only talk about it after you have both read the book. Have you read it? No? Come on, mom, be serious and responsible... all the psychologists say that parents should help their children.

And so, <u>at the very start</u>, turn the main "enemies" into <u>energy allies.</u>

Of course, this is not yet the happy ending but just the beginning. But a good beginning. A good, fine beginning of a tough struggle. A struggle in which the family will stand united against the spy in their ranks, united against the negative energy in them.

Stay alive and kicking!

PS Incidentally, let me also mention the love theme. Says New Sun:

"Love has always driven me mad, it used to be the cause of depression even if there

were no particular love stories at the end of the day."

You have also learned the vampire guard, New Sun. With regard to your parents you are an energy victim, and, being very young, sometimes a vampire and sometimes a victim with regard to your boyfriends. You know that best by seeing who dominates, in the relationship, in a more pronounced way.

Of course, no variant suits either you or your current boyfriend, and relationships break apart very quickly because someone always dominates, meaning there is no cooperation or partnership. Usually you grieve more over a boyfriend whom you vampired because you miss his energy. This is a quite unromantic explanation of a romantic liaison – but it is the only genuine explanation. If we want to do anything in this world properly, we need positive energy – whether it's cake making, a love liaison or a business success. In most cases we can't do it alone and we need to find a way to join forces with some select people already present around us.

Stay alive and kicking!

July 28, 2008 10:49:39 | [Igi]

In this period in life (going to college) the best thing a young person can do is leave the place of residence (if the family can afford it). This is one of the better and simpler procedures for building one's own SELF and maturing from a child into a man or woman. In a globally energy negative world it is fairly hard to find allies for building a positive energy future. Not impossible, but difficult. Any attempt is worthwhile many times over, but I think that the person involved must be totally independent of others (materially and emotionally) if he/she wants to take that step (this refers to adults, not to children). I think that we, adults, parents =) must first deal with our own "conditions" in order to ensure our children a positive future and, most of all, a world entirely different from the one today...

July 26, 2008 20:48:27 | mindpositive

I agree with you completely, Igi, you have realistically drawn the global picture.

Another point that you highlighted well is the one about the best way for young people wishing energy independence – study in another town, even if a smaller one, money permitting.

The post above remains as an idea about how to try resolving a matter if moving to another town is not feasible. However, it remains as a worthwhile attempt even if the person goes to another town because we know that energy is transmitted over a distance with no problem. Therefore, it's always useful to try and win allies in your parents.

Nevertheless, geographic distance does bring relief to the person leaving the original place because then his/her parents focus their vampiring on persons close to them. This is not a comfort for the latter, but at any rate it's better if some people manage to save themselves than none. The logic of reality is implacable.

I am also pleased to see that you have highlighted the vision supported by everybody who activates positive energy, and that is, as you say:

“I think that we, adults, parents =) must first deal with our own “conditions” in order to ensure our children a positive future and, most of all, a world entirely different from the one today...”
That’s where positive energy leads us – to a world totally different from the one today. But, today’s theme is how an energy conscious child needs to re-educate his/her parents.

July 26, 2008 20:35:07 | [leeloodesign]

As I already wrote, I had a try with my vampire mom... in the beginning she even appeared to be interested after I showed her a comparison of the behavior of my grandfather (who lived with us... he died five years ago) and of my father... both behaved in an identical way although they were completely different persons (were depressed, slept at the same time and all day long, not interested in anything around themselves)...

All I managed to get from her is her doing the merry magic one day ... her blood pressure shot to a zillion and she never again wanted to hear about the theme...

New Sun’s folks are younger and there is hope that they might “hit the book”... at any rate, it’s worth trying...
Love
Nataly

July 26, 2008 11:22:49 | [Jaja]...

July 26, 2008 18:12:53 | [Ana]

Hi, Serena, I am carefully spinning chakras clockwise (I am not such a poor slob not to remember that) and the blood pressure again shot up. I am “hung” on your book and I don’t know what to do next. After the initial euphoria I began to note my vampiring style. I get up early and the monologue in my head is pure negativity, and since the relationship with my husband is very poor (he doesn’t talk to anyone because our daughter has not passed the entrance exam, he does not even look at her), I literally hate him and I am full of rage, and rage scares me because I never allowed myself to be furious, to stand up for myself, I was hypocritical and scared. Now I am totally the opposite, but I think I have overdone it. Emotions are eating me up. If I spin my chakras correctly, shouldn’t my blood pressure drop and shouldn’t I be less furious?

July 26, 2008 20:48:27 | mindpositive

Ana, you are obviously like a pressure cooker left on the kitchen range – someone has forgotten to turn off the gas and went to the movies, and you’re on the brink of exploding.
You endured and endured, clenched and clenched your teeth, and now everything wants to come out.
That happens when we spin our chakras clockwise – everything that poisons us wants to come out. However, the buildup of your blood pressure since you started doing the “merry magic” certainly suggests that you still spin your chakras the wrong way. You also refer to that in your last sentence.
Whatever the actual case, the cure remains the same – keep doing the “black sheet” mainly, as I already told you. As for the chakras, wait for some time, and you start spin them for a short while and when you are in a good phase, immediately after stopping yourself and everybody else with the black sheet.
It’s a good thing you are trying to understand your rage, hate... and the way you vampire. Understanding always helps and, when it is correct, defuses negative emotions instead of pushing them back into the unconscious where they again stir up a volcano.

Defuse your negative emotions with the “black sheet” so that they emerge more slowly, without any explosion or damage. Many people have reported a similar condition when they started doing the “merry magic”, and after some time they all saw that they had got rid of rage. To be sure, they were not so furious, and their blood pressure did not increase either, but that does not change the procedure – and that is the “black sheet”, as often and on the right persons (those that vampire you in a given moment, because they do not vampire you all the time).

Read popular psychology books, at least there is plenty of that around nowadays, in order to understand better what is happening to you psychologically. Then, you have the energy level, and follow the link between one and the other dimension... There is a lot of work awaiting you, but you obviously seem to be in a hurry. You can’t improve your whole life in a month. I know that at present you are mainly concerned because of your blood pressure, but I have explained that... and that’s that, for the time being.

Ana, I remember a case, a friend of mine who regularly did the “merry magic” every morning on the way to work, said she. All happy and satisfied. I did not know that detail. After she told me that, I remembered that I was finding waking up in the morning so hard and was getting up with a totally negative energy, in a terrible condition. I started to follow my friend with a pendulum at 8 in the morning, and every morning I saw her regularly spinning the chakras COUNTERCLOCKWISE. She was happy and pleased with my energy. When I told her that, she was dumbfounded. She could not even imagine that such a thing could be possible. She accepted my observation, of course, understood it, and proceeded to improve the situation. It took some time to sort things out. We both tried hard. What can we conclude from this event? That my friend was so used to vampiring that she did not distinguish negative and positive energy. She still fells fine when she vampires although she has read the book with great enthusiasm; however, I think she does the “merry magic” insufficiently and in spurts. I did not ask her that, this is why I am saying “I think”. At any rate, there was no point in giving her a hard time over that by insisting on her doing the “merry magic” more often and behave differently in life, so I simply left her, kindly broke our companionship because our ways had started to part.

So, I’m quoting you: “I am carefully spinning chakras clockwise (I am not such a poor slob not to remember that) and the blood pressure again surges.”

This is not a matter of someone being “a poor slob”; instead, what is involved is the terribly strong habit of spinning in the wrong direction. This is why some people, like my friend and, I think, like you, cannot control the process in the beginning. This is why you need to use only the “black sheet” for a long time in such cases.

Your blood pressure is a very exact indicator of your energy condition. The pressure need not increase so much as in your case, but even a smaller increase – if repetitive – bears witness that we are vampiring, i.e., spinning chakras the wrong way and not doing the “merry magic” the right way.

No dilemma about that.

You spin chakras, you are sure the direction is right and your blood pressure soars (as high as 160) = you spin the wrong way. So, for two weeks only the “black sheet”, then try to spin the chakras, control your blood pressure, etc., etc. You are a beautiful example of a major vampire that has kept a part of the positive mind and wishes to perceive the problem and tries to solve it.

That will guide you, your honest wish to understand the problem. And your vampire habits will give in. Of course, you are being vampired as well. You need to solve this tangle. It takes time and careful work.

July 28, 2008 16:08:04 | [RED]

Let me add a few points and partly confirm what has been said here. Some time ago I spent a term at a foreign college and experienced a CATHARSIS, far from my “beloved ones”, and I never felt better in my life! After returning I was overwhelmed by an all-time high bout of DEPRESSION. After the “breakdown” this led me to the “alternative” (through books, techniques, therapy, Brennan and energy exercises, i.e., to the energy level that is in the background of everything... and all that also lasted for years), and now I am reading Serena’s book, all the ideas are so well-known, as are the present symptoms... and the situation is complex and gone berserk lately... although I don’t live in a household with other people (but for my boyfriend) my “beloved ones” do not desist from vampiring, and I am coping with that as I best can (I am not excluding my own “vampiring”) – but knowing them and their biases it would be u pure waste of energy to offer them the mentioned reading matter – “fuck off on the double” seems to me to be the only tactics... but that can’t be implemented so easily in real life, especially if you are financially bound one way or another (I had the experience as a student, and the bond has remained through a piece of real estate), and definitive separation looks like a violent act of self-destruction because that would undermine me financially quite a lot and only then the vampire would have its way... I don’t know whether I have managed to briefly describe the situation...

July 28, 2008 16:46:52 | [name]

Dear Author, recently you addressed Dalibor with regard to male experience... true, most of the people here are women, which is indicative but also delightful and encouraging because of a woman’ nature :-))... don’t misunderstand me, my dear girls, my mind is all muddled up and turned upside down.

I won’t be long because it’s summer and I have nothing else to add... yet, don’t you think that the crowd present here slowly, bit by bit, nibbles one another? Just a little, bit by bit. Of course, anything can be placed within a given context, but at one moment I realized that I don’t have to read about high blood pressure at all, or about this disease or that, about my parents’ house burning down and the rest, although I have also had problems of this or that sort.

Nor need any of you study the genesis of my downfall. Don’t get me wrong, my mind is negative.

Along with my sufficient understanding of the topics discussed on this site, it is indicative that the sense of humor is missing here.

66.

Monday, July 28, 2008

Memory in leaden legs

“And weight in my legs”, today I’ll start with that. Our body is so interesting, it conceals so much. Memories are recorded all over the body, in every cell (and not only in the brain, as some people think). Memories of events we shall never again remember as events, they exist only as a cramp, as the contracted tissue of our muscles, bones, tendons, cartilage. And yet they are memories waiting to be released, not only as an event but as a condition of our body. And that also takes care of what is connected with that in our psyche, as negative emotion and as lack of understanding.

The “merry magic” releases the past, or memories, one by one, with “its own” order and rate that cannot be controlled. I assume it is so because this release is so strenuous that we would prefer to stop after the first relief brought by the “merry magic”, or after the third. But, no, our body wants to get rid of so many things and get free, and does not permit our still timid mind to desist.

Therefore, memories in the legs. They appear as weight, as you see, after a certain number of years of “combat service” in the “merry magic”. Probably the legs conceal some more serious problems.

Here is, specifically, the story of my own leaden legs. I have always exercised, hiked, kept decently fit, have no sick veins on my legs, no swellings, no signs whatsoever of advanced age. Only my lower legs were painful all over since a long time ago, after stronger pressure or during massage, not otherwise. The same pressure on the arms or on the back would not produce any discomfort.

And then pain appeared in the hips, knees, muscles. They were provoked by the serious illness of the husband of my aunt Marina - a year and a half ago he experienced growing difficulties with walking, and today he is quite unable to move. But this was also combined with pains in my contracted muscles. I can’t even imagine which common feature in our family history could connect my legs and my uncle’s legs. I don’t know the origin of latent cramps in my legs ... until then I felt no cramps or pain or swelling.

When all that started, I had to use the “black sheet” on my uncle and aunt Marina whenever the pain appeared because it was otherwise unbearable. My task was to

explore what negativity, from the outside or from within the family, stimulated my legs to say “we have a problem”. I first had to prevent my aunt’s and uncle’s negativity from taking over me and making me sick. And whenever I had the time, I spun chakras all along my legs, at spots which hurt the worst at that particular moment, or where I remembered feeling pain a day or two before and had no time to treat that spot for a longer time. Only that cured my cells. Only spinning the auxiliary chakras on my legs. The “black sheet” is only the necessary precondition, an overture, but not the solution of the problem.

In addition to the pain, there was also swelling of the joint, of the tissue all along my legs, and light muscle cramps which I actually caused myself by conscious contraction of my muscles because I installed an auxiliary chakra on the site of the cramp and thus, after quite a few repetitions, the point would be completely released, and with the point a whole muscles as well.

I don’t know whether you will find the following comforting or discouraging, but it is only after a year and a half, that is now, that I feel that release in my legs has come to an end. Not that the legs were leaden all the time, nor was pain present constantly. It was an alternation of leaden legs and “ever lighter” legs, and over the past several weeks my legs feel exceptionally, really exceptionally light. Maybe lead will show up again , maybe it will not, but that is not important. I am sure that I got my legs back, alive and kicking and light. Light as they used to be a long, long time ago.

And some bimbos would like to be like princesses after a month of “merry magic”.

If you have clenched your teeth, doubled over with pain, concealed things for fifty years, how do you think that can be dealt with in a short time?

But you CAN resolve it, that’s essential. You have the path, the way, mental tools...

Says Equilibrium, who has after all initiated this post, that she suddenly has time and does not know what to do with it. She would like to put her cupboards in order, improve the world, dance, and yet her legs are heavy and she can’t do any of those things. Do what you can if you can’t do what you wish. Don’t forget to stop negative energy before that. I already hear someone saying – but that’s boring...

Maybe this depends on your age – I am very happy still to have nice legs, to be able to run and jump off a wall or tree, and to be capable of doing all that for a long time. The turn of the cupboards will come sooner or later. You improve the world the best

way when you improve yourself... and you improve yourself part by part, and legs are one part. Dancing is even more attractive with light legs – now extra light legs.

If you are young, maybe you have not crammed anything yet into your legs, and you don't have to think about all this or get bored with spinning chakras along your legs. Although I would not be so sure about that.

While releasing my legs from siege I learned something else – I noticed that the knees are very connected with the eyes and after spinning the knee chakras I felt the need to spin the eye chakras. The tips of the small toe and of its neighbor are also connected with the eyes. The large thumb joint is connected with a vertebra at the root of the neck. The bottom part of the lower leg is also connected with the neck. The calves are connected with the bowels. I don't know what's at the root of the small toe and its neighbor, but I had a cramp there and I took me more than a year to get over it...While lifting the siege of your legs you can gain release from quite a few things. Releasing your legs is really a worthwhile job, cross my heart!

The first step in this "leg revolution" was described in two posts one year ago, in which I turned people off high heels and pointed shoes. Now that you have reached your "leaden legs" phase you can also understand better these "fuck me shoes" posts (you may have thought, at the time, that I wrote them a little "incoherently", that I strayed off my theme). Therefore, as soon as you feel that you can't manage stairs, that you find walking difficult, quickly cast the "black sheet" on the person in question and yourself. After a minute you will again walk easily. If you don't do the "black sheet" then, most probably the negative energy will constrict your whole body, and that will really be a problem. Which you will again solve with the "black sheet". That is a stopgap measure. When you have time, spin the leg, feet and joint chakras in order to completely resolve the riddle of you leaden legs. And if you think that a year and a half is a long time for the legs (but, in the same stride, for the stomach, eyes etc.), just remember that the only and truly long time is NEVER solving a problem. My uncle never solved the problem and now he cannot walk (he is in great pain, and, moreover, horrified by the mental aggression of his wife – which again has a reason, that is, he has himself to blame for that; more details on that in my next book).. If anyone could rewind his film forty years back and told him "every day spin your leg chakras for at last ten minutes and, as often as possible, even for an hour or two", I believe he would have been glad to "spend" the mentioned time like that. But nobody can wind his film back in this phase.

This is quite a job, folks, a really tough job. But it so thorough, so radical, so successful, and our experience has shown" this to be real and true.

Stay alive and kicking!

July 29, 2008 17:49:42 | [Renchi]
I am not a computer genius, and so I sent my first comment, moreover cut in half, to June 2008. So, in order to avoid repeating myself, I would like to thank Serena warmly for her great courage and will to publish *Geometry*. The book "burst" into my life a month ago, gave me answers to all the questions I was asking desperately (and got no answer so far). The technique works, really, unlike anything I have tried so far.
July 29, 2008 18:09:22 | mindpositive
Welcome, Renchi! I missed your June comment because I follow only the comments on the last published post, but now you are at the meeting point, so report your experience when you have the inspiration.
July 29, 2009 18:47:40 | [Renchi]
Here I am again. Here is my experience: after a horrendous divorce two years ago, I live with my two children. But these two years were distinguished by continuous misfortunes. Both my kids and myself were sick all the time, surgeries, chronic lack of a decent job, and many more things I find too painful to mention. Anything I tried failed. After all that, with no result in sight I began to ask why should all these misfortunes happen to a person (and her children) who until two years ago had an excellently well-paid job, and enjoyed a fine social life and personal pleasures. All that went downhill with the divorce. I was a confident and stable person, and all of a sudden fear crept into me, I let my ex husband insult me verbally and attack me before my children.
July 29, 2008 19:48:01 |[Klara]
Hi, Serena, and, for the first time, hi everybody. My story resembles Renchi's comment. *Geometry* entered my life suddenly, the way great truths do, the truths around us just waiting for us to discover them. And I got answers for all my major problems, answers to my eternal WHY? I divorced my husband two years ago, I live with my son. However, in my case the situation took a turn for the better after divorce. Now I know why. After doing the "merry magic" every text I read is so clear, empirical, as if it were addressed to anybody among us. And my mind is becoming more positive, and intuitively and deeply in my mind I know that this is the teaching I had been waiting for forty-seven years.
July 30, 2008 15:39:41 | [Renchi]
(Note: same as with Jaja's comments; I shall delete Renchi's comments at this point, where they would belong chronologically, and order them in a continuous story. In both cases, this also applies to my replies to their comments).
July 30, 2008 18:17:12 | [Jaja|

67.
Thursday, July 31, 2088
Scarlett O'Hara: "After all, tomorrow is another day"

We have already heard quite a few stories about bad marriages. Each with its own details, and yet all so similar. The husband pretends to know nothing, runs away from home, is devoted to his mom and sister, possibly a drinker.. The family lives in the same large house with old folks, the old people require care, need assistance, the property relationships are not settled...

That's what you describe, and you also have adult children. All your life you concern yourselves with the parents – yours and his, especially mothers in law and moms. As Ana described her mother in law: *I was her taxi driver, companion and confidante*. Either you quarrel with them or unsuccessfully "buy" their love. An honest estimate would show that you are more concerned with them than with your husband in terms of services, stories, speculation and gossip.

OK, you have understood that, ladies, and started to brush off the oldies. Men should also understand this and stop turning their mothers into saints, as some do. But, let' say we have dealt with that on this blog.

Now we still have to clear up the bad husbands, whether current or ex, doesn't matter, because even the former husbands still have an energy effect on you, as you do on them. After the legal divorce the energy divorce is called for, and that is not easy. And the still married couples need to carry our an energy "delimitation" from their partner. A future book will be devoted almost entirely to that subject, and now let us focus on what follows below, because you are only at the beginning, we can't solve all the problems at once.

So, we have a situation where They, the women, are mad at them, and write them off as incapable, inadequate... and They, the men, are mad at Them, the women... something like that.

Your maximum attitude is "forgiveness" because everybody has taught you that this is very important.

Forgiving is good, quite good. If you don't know anything better.

UNDERSTANDING is better.

In a way, understanding also implies forgiving. Because we need to forgive him and ourselves. Because we have always, truly always, <u>both</u> created the situation. And always under the conductor's baton of both parent pairs. Even when you don't see it, it's there.

Yet, we can never truly forgive if we DID NOT UNDERSTAND. Therefore, I would abstain from forgiving and focus on understanding.

As regards understanding, I have given quite a few examples in my book. But I see, either here or when talking to my friends, that you have either failed to record that information or thought that your case was different. After a lot of discussion and a long time spent on being a bore and repeating – "pettily" – all my theses here on the blog, some girls slowly began to understand that this regards them. Now I am not going to repeat that. Really, everybody needs time to understand his/her role in the theater of the absurd called marriage. You will also find this in the post "mothers in law, moms and dads".

This time I will suggest a tactics. Try to forget what you all think about your partner, try, experimentally, not to think anything (of course, if He/She is in the "no good" category). Focus on energy (black sheet") several months and observe the behavior of your husband/wife/partner. Notice all differences in a fair and correct way. Even write them down in order not to forget. Try to connect them with your energy conditions. Then, after three to six months, "meet" yourself and see what you think about Him/Her. (In Dalmatia women always refer to the husband as Him, never by name). This, of course, also holds good for boyfriends if She is "no good". Only then we can be at the point where UNDERSTANDING starts. And then we'll see how you are doing.

And, in order to avoid any stupid misunderstandings – all the things I mentioned did not mean you need not "behave". Tell Him/Her what you want, express your feelings whatever they may be, don't suffer anything you think you need not suffer, don't strike rotten balances... therefore, behave "fully", <u>but don't wage a monologue in your head, don't think about anything you otherwise thought about Him.</u> Behave, but don't think those OLD thoughts.

<u>You will start to think again, think New thoughts, when you strengthen your positive energy, when you boost your frequency to a significant extent.</u> This means that you need at least three to six months of serious energy work.

I know that some people have difficult conditions for energy work, especially if you live in the same house with old people, but you will achieve something, you will improve YOUR ENERGY at least a little. Be a little creative in this context, too.

You have also initiated this post, Name, although I do not agree that the readers of

this blog should not – as you suggested – not write about the events in their lives. We learned a lot through these stories – who wanted to. I could only add that it is always more useful to combine observations "from life" with energy observations, but you do that mainly, anyway. And you, Name, have remained true to yourself – in your long tirades you have said very little about yourself, you preferred to talk about "star wars", and that is useless. That is even harmful because this way you are snatching other people's energy. So, in line with this, you became bored with reading what other people say about themselves. And I am telling you that this is instructive. The fact that few boys report has nothing to do with me. This blog is in line with the global reading average (as regards fiction, of course, though this is not fiction) – it is known that 80% of the readers of fiction are women and 20% men.

Red, you explained the details of your situation, which often occurs in life and is never resolved: it should be like this, but I can't do it because of that... And so we are stuck in one place for years, and life gets screwed up... Therefore, it stands to reason that you need to pull away from your parents, as much as possible, but real estate binds you. I would never, indeed, support a solution that would leave you without money or property because that is a precondition of freedom (I don't have in mind any< exaggeration, although I think that an average person has no idea about exaggeration because he usually just manages to earn the necessities of life.) And what do you do, then, when you have two opposing important goals? You will decide, like Scarlett O'Hara, though not "tomorrow" but "when I boost my frequency". Then you focus on energy, diligently and regularly, boost the frequency of energy, and after some time you will see the situation with completely different eyes, from a different angle and with a totally realistic solution allowing for the achievement of both goals.

Therefore, for you and for the girls who also find that HE is no good, I suggest the Scarlett O'Hara tactics. As she says in all the crucial moments of her life, "after all, tomorrow is another day".

There is only a wee difference: you need to boost the frequency of your energy, with a quantum feeling, every day and approximately every hour, whereas Scarlett would have a new dress made, attend several balls and collect wooers. Until that "tomorrow". One would say, lucky Scarlett and poor me. The individual obviously has not read *Gone with the Wind* because Scarlett's life was not beautiful, nice or easy! So much about that!

Stay alive and kicking!

July 31, 2008 20:48:27 | mindpositive
Red, you need to spin – LITERALLY, MOST LITERALLY, by VISUALIZATION.
No programming, no bells...
Have you see how people easily take the wrong direction even when they spin most literally?
You can't program spin when you sleep. The "merry magic" simply functions only by conscious, most conscious and most literal visualization.

It's even better to spin the chakras on your own figure in space, and especially the "black sheet".
Nevertheless, I also combine chakra spin on my own tangible and on the imagined figure, depending on inspiration.
July 31, 2008 23:12:04 | [mona]
Chakra spin is the action with which I wake up and go to bed :) for several months.
My mood has improved a lot, I apply positivity in every situation much more casually, more naturally than before, and I think it I get the proper feedback. The feeling of being complete and independent of anyone's mood, which I used to attribute to myself, is truly excellent. I am aware that still a lot awaits me, but I also think that the situations I experience and which need to be dealt with every day occur with some reason which leads me on. Where, that still remains to be seen, but the feeling is certainly pleasant. Thank you ;)
August 1, 2008 0:28:11 | [Klara]
The clockwise direction, positive energy, can be felt if we are alert to our body, if we feel peace. The other, counterclockwise direction, negative energy, brings nervousness, unrest, and it is a sign that we err. This is my short-term experience: better relationships with most people, sudden withdrawal of several close (vampire) friends, spontaneous improvement of the relationship with my son, ability to "hear" and understand people better. And I feel... and that means spinning the chakras constantly and do the merry magic until you reach the complete feeling of love with no fear. Cordial and sincere greeting to Serena and to all the "sparklets"!
August 1, 2008 7:18:24 | [Nera 8]
Don't worry, Ana, everybody here has a story like yours or mine, only they deftly conceal it. We all tend to a better way of life and communication, i.e., we all have the same goal: BEAT NEGATIVE ENERGY... "The dogged ones graduate from college", and the same holds good for *Geometry*. You have my support and be persistent, you also need to graduate from this college.
August 1, 2008 8:37:57 | [Sandra]
Before *Geometry* I als0 tried different techniques and I believe that a long-term of their implementation can produce some results, but when I do the merry magic the quality of my meditation is also better. I adore nature, the sea, the earth, the sun, water, everything. If I used to feel that I fill up with the energy of the earth, sun, etc., now I understand I don't fill up but, instead, vibrate in resonance with them – only when I am positive, of course. Serena, I can hardly wait for the second book and I wonder whether you have found the answer to the question: why clockwise?
August 1, 2008, 9:08:49 | [name]
You like ping-pong, Dear Author!
Better read, with more understanding, what I wrote, and then you will be able to advise better.
I have to continue the comment broken off the other day.
In addition to the idea about the goatlike character of the present crowd (including myself), I wanted to add that what is greatly missing here are the "direct consequences of positive spin". As

for the crowd, I understand, we are negative. But, Dear Positive Author, honey, you lack a sense of humor, truckloads of it. Moreover, humor is not inherited either, and that is the other indicative phenomenon.
I can't but see you sometimes as a wolf in a lamb's skin, but that's my problem.
Kiss

August 1, 2008, 10:46:09 | [Humptydumpty]

I have nothing against ridicule, Name, but I also dig the women reporting in because they have a heap of problems and care little for mockery...

August 1, 2008 10:55:21 | [Dalibor]

I was never on good terms with descriptive geometry... I am confused ....I don't even see any more what the observer sees ... I get the picture but the visualization is still unclear. You say "what the observer sees", and where am I in all that? Must I transfer what the observer sees on myself, or not?

August 1, 2008 12:09:06 | [name]

My dear Humptydumpty, I see you like joking, and so do I, but that is precisely my problem. We just make fun of all this.
I also understand that we are not calibrated the same way, and that everybody has the toughest time with his/her problems, but as regards the goat's browsing, I believe I browse less if I crack jokes.
I am not a chauvinist, but in this war, really, we men are in an unenviable position. That's why I said that I was pleased to see that women are in the majority here.

August 1, 2008 17:05:13 | mindpositive

Mona, Klara, Sandra, excellent observations and thinking. By all accounts, your road to the "positive" could be easier than that of some others, so let us know how you are doing. So that we can have a more representative picture of this positive "story" of ours and of our *per aspera ad astra*.

August 1, 2008 17:08:38 | mindpositive

Was I wrong when I "snuffed" you out, Name (note: Name was forbidden to comment for some time until energy work clears his mind), I wonder. Without Humptydumpty's defense, I would be in trouble :) But let me add – don't you notice the occasionally humorous tone in my posts with which I "loosen up" communication? When I communicate through my comments I try to accommodate to your "tones", and if someone leaves me no room for joking I don't want to force it on anyone because that would look as if I were slighting his/her problem or, even worse, supporting your wish to belittle the problems tormenting you, and that would reduce your focus on energy work. Just as you are not doing the "merry magic" exactly as written in the book and here.

August 1, 2008 17:13:14 | mindpositive

Let me help you, Dalibor, to get rid of observers and transfers (I don't know of whom or of what).
So, imagine your figure in space and circle round your figure in space and watch the chakras spinning. <u>You are observing yourself</u>.
You can also imagine YOUR CONSCIOUSNESS circling round your tangible body and watching that famous watch on your chest and back.
Want some more?
I wish I could now see you confused...-

August 1, 2008 19:29:21 | [Dalibor]
Oh I see... it is what is seen from the environment that is essential... not what I see from the material myself. Simple, but what was confusing is the fact that when I imagine that spin off myself it is counterclockwise... all fine... crystal clear... Ugh, today I suffered an attack from my mother, can she have taken up arms against me because she felt I was getting positive??? Hi, Serena, I'm off to get a beer.
I am changing by nickname to "Blue Racer", hee hee!
August 1, 2008 23:33:31 | [Klara]
Until I read parts of *Geometry* and spun chakras clockwise I engaged in long monologues in my head. That is also what Serena mentioned in her latest post. Whatever I failed to mention out of fear I could hurt someone, everything I felt I suppressed as growing rage, jealousy, envy... as undesirable. I knew for a long time that this was not good, but my (negative) mind had no way to overcome that. *Geometry* gave me the tools, the merry magic, the black sheet, to cleanse that, understand all that over time. And what derives from that is joy of life... jesting, laughter till tears come. Dance as well. All you need is spin and clearly tell some people "fuck off on the double".
August 2, 2008,19:08:44 | [Renchi]
August 2, 2009 23:23:09 | [Antonela]
Hi for the first time to this merry crowd and Serena! I have been reading you for the past twenty days after I accidentally discovered the blog. I can't get unstuck from it because I had so many things to read. In the meantime I bought the book (I had to go all the way to Split to get it), read it, and I am applying the technique and feeling the long desired positive progress in my life, although it is small for the time being.
August 3, 2008 2:05:27 | [Klara]
Until *Geometry* my experience was the following: I feel I am left without energy, and that means somebody is vampiring me, and I vent all my fury on the nearest person. In this way I made up for my energy loss. Unfortunately, the person in question was in most cases my son. Now I am the last one in the chain, and I stopped. Earlier I suppressed my rage, carried it long inside (there is still a lot of it stored there), afraid of showing it to some people, and that made me negative. That rage must ejected be in a moment so that it is not suppressed into the chakras and organs. When someone is vampiring me strongly now, I apply the merry magic and the black sheet and add "fuck off on the double". It is strong. A strong inner attitude...
August 3, 2008 11:10:28 | [Renchi]
August 3, 2008 20:48:27 | mindpositive
You are really talking nicely. The hundredth monkey principle finally works (when one monkey learns how to peel a banana, a hundred monkeys learn that too, and then all the monkeys in the world peel bananas) – the new practitioners of the "merry magic" begin to understand the principle of positive and negative energy much better. I also hope that the results of the "merry magic" will also come faster and somewhat easier as compared with the people that used it before. This remains to be seen and witnessed.
As regards rage, I see you two have understood what was eating you, but I would nevertheless like to add a few points.

Before the "merry magic", that is, when somebody is energy negative and therefore seized by fear, he/she does NOT DARE address emotions like rage <u>against the person that robbed his/her energy</u> and made him/her energy negative. Instead, he/she represses it and <u>then explodes on other</u>

people - and the latter are, unfortunately, in most cases our children, and the our partners – and vampires them and steals their energy. When your boss annoys you, you will not furiously snap at him – you will snap at your husband when you come home, and the "reason" is quite well known... supposedly he did not vacuum the apartment or whatever... and the husband then deliberately does not do it because, of course, your vacuuming-related rage is mistakenly addressed fury, and your husband unconsciously knows it and unconsciously resists it ... terrible absurdities and misunderstandings, all full of unconscious messages and information that nobody understands – and families/marriages founder on that.

Let's return to the boss – he has, say, vampired you and caused your fury. Yet, it seems that it is not opportune to snap at your boss as you snap on your husband. Of course, you don't have to react furiously. As a matter of fact, fury develops after WE FAIL TO REACT APPROPRIATELY TO THE VAMPIRE WITH WHOM WERE IN CONTACT (I shall leave aside remote vampiring because that is practiced generally by family members and friends of either sex).
It would have been enough to react appropriately and answer reasonably, telling the boss what needs to be done, opposing him smartly, firmly and calmly, proposing something else...
But for that you need positive energy. Energy to be smart, energy not to be afraid.

Now that you are getting energy stronger, the "black sheet" in the boss and yourself helps to stop negative energy communication; you gain more confidence because you have energy, and you will also start to communicate with people in an ADEQUATE verbal way.
SAYING the right thing to the right person is very important. Very, very important.
All that's left is unloading the leftover furies from the past, and they are often filed as physical complaints and disturbances, I wrote about that. You will know how to deal with that.
Now I have not covered the "opposite" case – and that is when you, a humble and obedient employee, vampire your boss, and then you again have a poor communication and problems with him. Believe me, there are quite a few cases like that. So, don't ever place yourself in the role of an ABSOLUTE energy victim. Because even the "poor" guys find ways to vampire. I am also writing about such illusions.

It would have been better to put this into a post because it is important. Read old comments, you will find many interesting analyses there. Until then, get rid, immediately, but really IMMEDIATELY, of the old habit of starting – on the doorstep – to grumble, carp and reproach the members of your household, You have understood how wrong, bad, wicked, very wicked that is.
And it is spread all over the world, in every home, brrrr...

August 3, 2008 21:44:34 | [Humptydumpty]

Attagirl, Serena! Finally I am able to say what I think and I am so happy about it... we must immediately react, during discussion, and in the specific situation, and right away deal with something that could develop into a major problem... I am becoming stronger every day! Yeah! I am still occasionally freaked and confused, but then the black sheet saves the matter because there is no longer so much fear as a year ago and everything is much easier...

August 3, 2008 22:00:24 | mindpositive

I think you started off well, Ana, I like the way y0u wrote your comment. In particular I would

like to quote the following observation, “but even now when my father comes down the stairs in my own house I jump up on my feet because I don’t want him to find me sitting or whatever”.
This is just a small picture, a small one, and yet so painfully impressive and expressive.
It illustrates once again what I wrote in the post on old people – young families are not concerned, almost, with themselves, we are concerned with moms, dads, fathers and mothers in law... When they die, we are already old, we have already poisoned OUR OWN family, and there is no way of repairing this... and actually there is already another, younger family on the scene, which we now start to poison and prevent it from living their own life.

So, you are asking how to deal with this at the manifestation level, after you started working on your energy. I cannot and need not give you recipes at that level for specific cases. As your energy increases, you will come up with new ideas, solutions and ways of behaving toward them (and everybody else).

You will continue to make mistakes, of course, but only life GETS MOVING, mistakes are being corrected , i.e., situations are resolved with always new ways in accordance with the changes of the situation (and of us).

And POSITIVE ENERGY is what gets life moving.
August 3, 2008 22:18:17 | mindpositive
That’s what we want, my dear Humptydumpty. Finally, to grow up and reach enthusiasm in our comments.
August 4, 2008 8:20:58 | [Jaja]
August 4, 2008 9:26:45 | [name]
Is it OK to stir coffee counterclockwise?
August 4, 2008 14:29:19 | mindpositive
I would not risk it even with coffee, Name. Stirring clockwise will cost you nothing, unless it clashes with your political views :) And either way requires the same minimum effort. So you have nothing to worry about. As regards coffee...
August 4, 2008 14:29:19 | mindpositive
Jaja, I remembered an event with my neighbor. She is not a major vampire and is fairly tolerable. She rarely visited me because I kept her at a distance. Yet, as the representative of the tenants in our building she would find a reason to show up at my door. And, along with explaining the official reason for her visit she would tell me all the info for a dozen neighbors in other near-by buildings – who was sick, who had a traffic accident, who had a fight....
One day I told her: “I don’t know these people and I am not interested in their troubles. When you come to see me we can talk about official things and ONLY ABOUT SOMETHING NICE.”
Just like that. Several years have passed since that occasion, and she respects my rule 1000%, she did not take offence, and she is older than me.
Contrary to biases and fears, people usually don’t take offence when you tell them something in strong language – if that makes sense.
Whoever comes to my house has to respect my rules. I am the boss.
The same goes for parents on either side.
When they come to my house, let them respect it, and they will respect it if they accept my rules. Of course, you have to announce those, rules as I did to my neighbor. That’s the only proper

position for you. Therefore, POSITION, unlike Opposition.
Although you told your mother in law many things you had never told her before, and that is excellent, you were still in opposition.
She imposed the topics and the pace, and you opposed her.
You need to develop to the position of being the boss in your house, and in case somebody does not like it, the answer is "bye". Then you are in power and your mother in law is in opposition. The person in power is always stronger, there is no dilemma about it. And one needs to be fair, you are then ready to respect her rules in her house. If you have to go there.

August 4, 2008 14:40:19 | [Equilibrium]

What a powerful sentence, I mean picture: POSITION, and not opposition!!! Wow! And how easy at fifty, and how difficult at thirty. OK, somewhat, with the mother in law, but how about your own folks? Ouch! When you love them and want to believe so much that they love you too. How to live, otherwise, with the thought that you did not "deserve" their love, that you should somehow improve because you are not good enough? And that you will "drive them to their grave" if you continue to be true to yourself and do not try to be as they imagine you (in order to draw from you the force for their lives). More precisely: how to love yourself if your parents are not satisfied with you (when you are little, that is literally dangerous for life, and what about later? Dangerous for self-respect). So, shift for yourself! And believe that you are a good person and that you are behaving correctly if you tell them to f... off the double. Or, actually, saving your head.

Ever since I have kids I understood that the success of the parents is measured only by how much the child is satisfied with himself/herself. I know, Serena, that this sounds like paraphrasing *Geometry*... but those were my conclusions before I came across your book. That is why it was all so close to me. But it also helped me to discover how superficial that perception was and how deep I had to dig in order to come back to myself. The question is now how to combine the classic pedagogic principles with the ideas of the divine spark and energy work!

August 4, 2008 19:48:27 | mindpositive

You have complicated matters, Equilibrium. Radically speaking, I think that pedagogy (my very free translation – how to educate children) is unnecessary in the context of positive energy. That is, in order to be ENERGY POSITIVE human parents should become like animal parents, i.e., should know how to relate spontaneously to the children in the best possible way. In the transition period we need andragogy (in my free interpretation = how to teach parents to be energy positive).
Parents "only" need to be educated for being energy positive persons, to put it briefly.

August 4, 200823:13:22 | [Antonela]

I have a small question! I read somewhere, in the book or in a post, that loud music stops negative energy and is, therefore, a kind of protection or escape for teenagers. I have a teenager son but I still like to listen to music loudly, too loudly, late in the evening and at night, with earphones. Can that replace step 1, i.e., does it have the same effect in terms of stopping negative energy?

August 5, 2008 9:01:49 | mindpositive

Antonela, music cannot replace "step 1". It does help a little, but not essentially. Otherwise teenagers would be happy and pleased, and we know they are not. Music is beautiful in itself, but the "merry magic" and the "black sheet" cannot be replaced. Careful with your eardrums! :)

August 6, 2008 21:08:06 | [Jaja]
August 2008 9:23:30 | mindpositive
Your enthusiasm is good, Renchi, especially because I see that you understand everything superbly. But these go together, technique and understanding, "merry magic" – "black sheet" and creative intelligence.
Ema and Dalibor, you also embellish this string of good news along with this post. It seems we have negotiated the "ouch" hurdle and that we are all entering a better phase. "Let the fight go on" is still in force. The essential point is finding in everything the reason for joy and enthusiasm which also spontaneously emerge in periods when we are energy positive.
I see Ema has experienced the important idea that genuine understanding – and we are more and more capable of that – relieves every negative experience... and not only that – it gives it the charge of challenge and shows that you can really reach the stars through hardships, if we know how. Now we see that we do know.
August 7, 2008 12:20:34 | [Renchi]
August 7, 2008 22:26:44 | [Antonela]
Tonight I intended to write about my life situation, but I gave up. I'll write about it some other time after gaining some more "years of service" with the merry magic (which I have practicing for about twenty days). But there are ups, even euphoric ones, but also downs. I used to read often about energy as an esoteric subject. About ten years ago I read *The Hands of Light* and for the first time I was fascinated by something. And I have discovered all this.
THANKS for the answer, Serena, for this blog, for this book, for everything.
August 8, 2008 1:02:32 | [Mona]
I have just been reading the comments and could not help my joining in... I feel I have raised my positive frequency to a level higher than before, and yesterday... I was bowled over! In the beginning, a slight decline of mood then an enhanced need for food, and today an unrest so terrible that I feel like screaming and crying out as loud as I could! Then I started to cast sheets on persons that come to my mind, then sighs and then a standstill – am I covering some persons less easily than others? Is that related with the strength of their energy hitching on me or with something else?
August 8, 2008 10:55:45 | [Renchi]
August 8, 2008 13:22:26 | [Dalibor]
Dear Serena, every day I negotiate a hurdle, a higher or a lower one, wider or narrower... but I see the point and that awareness stays with me. This is an internal struggle and if we make it nice we shall do everything with a smile... and everything will be nicer. Understanding is the essence!!!
August 8, 2008 198:55:35 | [Renchi]
Dalibor's words are quite true, this is an internal struggle. Guys sometimes get the point before us girls. I would prefer a faster solution, but you can't do that overnight. All that's left is work, work and again work. Well.... even if more often than half an hour, Antonela, why not write about your experience even before a lengthy "service". I don't think that the length of service is so essential when there's good will. After all, even those twenty days are not a trifle.
August 8, 2008 20:12:06 | [Antonela]
In many of your comments I recognize myself and that is why I like reading all this... I have similar hesitations like Mona, but this with the black sheet... incredible, I visualize some persons but then it is as if a strong wind starts to blow and prevents me from casting the sheet. This is

probably due to a struggle in me, but I don't give in, I keep fighting... The endings of your comments are just great, so keep alive and kicking...
August 29, 2008 11:08:31 | [Renchi]

68.

CASE STUDY 1

Jaja

July 16, 2008 17:52:25 | [Jaja]
This is the first time I am reporting so that I don't know how this functions, but I am trying, anyway. THANK GOD AND YOU FOR THIS BOOK AND THE BLOG. A month and a half ago my son had an accident and only God' miracle could keep him alive. Until now my life was anyway a struggle against everything and everybody. Sometimes I think that the loads of our families have toppled down on my back and the back of my husband. There are many stories which are more terrible than mine, but how to stop all this negative energy? I had a tough time since birth because my parents left me to my grandmother and went to work abroad in the search of better living. Then they returned and my mother gave birth to my brother, and all the attention was focused on him. Grandma got very sick and was bed-ridded for three years, then died. My mother kept drinking tranquilizers. I was still somewhere in the background and I soon approached the twenties. By that time all the members of my family managed to fall out with one another – my paternal uncles with my father, my maternal uncle with my mother. Then my mother lost her second brother in an accident. Horror. I got married, even greater horror. I could not have picked a worse father and mother in law. He was all abuse and had a stroke, and she a possessively jealous creature with high blood pressure. My mother got sick with cancer and died, my father had a fatal heart attack. After twenty years of mentally abusing us and our children my father in law died.
... To end: my mother in law is still around, taking a gloomy view of everything, complaining and groaning all the time. My sons are great boys but with my concern I probably did a poor job. I don't have a high blood pressure but I have always felt poorly and kept going to bio-energy sessions. Dear Serena, I know I am not here by accident. THANK YOU
July 17, 2008 9:34:03 | mindpositive
Jaja, your family story is certainly grave, now you finally understand why everything happened the way it did. Now you have the means and the way to stop this chain of misfortunes. Read everything on the blog. You will see that it is not easy, but you have set off and you'll get there.
July 17. 2008 14:56:13 | [Jaja]
Thank you, Serena! I have read all the books by Lazarev, Brennan, thousands of books so far, but this is the only book with a tangible "substance", something I could rely on. Lazarev was a lovely cake, with you as the cherry on it. THANKS!
I have been spinning my chakras for one month now, and casting the black sheet on many people around, and I can say I am pleased with many changes, so many that I can't count them, but the major changes are those on my children, especially on my son wh0 had an accident. For the first time in life I have the feeling that I am controlling myself. That is fabulous.

July 30, 2008 18:17:12 | [Jaja]

Here I am again. Hi, Serena, and all of you! Today I worked for the first time with the pendulum and I was really surprised to see how it functions. According to the pendulum, all my chakras spin clockwise except the fifth, which stopped for a moment and then moved a little counterclockwise, stopped again and then spun again clockwise. I understood that to mean that my chakra was functioning irregularly, a little counterclockwise and a little clockwise. This is precisely where I feel a problem because I am all the time swallowing a kind of slime, which I can't swallow, and I often yawn. I'd like to know... do I have to spin all the chakras at the same time or can I occasionally spin only the fifth?

One more thing: both my sons have started to spin the chakras, but only once a day. I am more than pleased with that because even so all the three of us (including my husband, who still resists) understand that major changes are happening to us, and I certainly have to be happy about that. So many things have happened and they would not fit into this short comment if I started to write about them. I am still surprised to see how such a simple thing can change so much. There is another question I would like to ask you (I can't help being curious, can I?): I read what B. Brennan has to say about Hara, and I wonder whether I do this exercise or is it maybe too early for that? Should I be working only with chakras for a while? How little we know!

July 30, 2008 19:30:13 | mindpositive

Jaja, you can spin only one chakra for a longer time; you can also "install" a double chakra in order to deal with a specific pain or problem. Yet, every now and then, during the same exercise, move briefly all the chakras in order to balance energy.

I don't remember the Hara exercise. It's probably mentioned in Brennan's second book, so let me know the page to remind me. I assume there would be nothing wrong with that, but I'd like to check anyway.

You can really be satisfied with progress of your boys, especially if they understood that changes are taking place and accepted your explanation why they are happening. They will keep improving, the main point is that they have started.

July 30, 2008 19:45:06 | [Jaja]

It's on page 415 of the second book, *Harmonization with the Purpose of Life*, and I think that the exercise is quite good. Nevertheless, I would not like to act rashly if I am not yet quite "coordinated" with the chakras. Thanks, Serena!

August 1, 2008 19:38:03 | mindpositive

I have read the description of the exercise, Jaja – it is too complicated, and in my experience the fate of every complicated exercise is that nobody will do it more than three times and blunder at least seven times along the way. Yet, that is not the major objection. This is my essential objection: Brennan says, among other things, that we can fill up with energy of the Earth by doing this exercise.

I believe that this is very bad idea which is in total contradiction with my theory – and my theory says that we, humans, are the PRODUCERS OF OUR OWN ENERGY. We don't have to drain the Earth, Heaven, God or anyone else. We can only establish harmony with all of them, and that only happens when we produce energy by spinning chakras clockwise. THAT BRINGS US INTO HARMONY with ourselves and everybody and everything around us (other than vampires:)).

By the way, Brennan provides a mass of exercises and meditations, indeed a mass, and that,

really, is neither practical nor feasible.
As they say in mathematics, a theory has to be simple and nice; if it is not, that is a sign that it has to be changed, finished up or rejected...

August 4, 2008 8:20:58 | [Jaja]

I am desperate. My son (the younger one that is recovering) is not in a mood for anything, and I see that the elder one is down, too. My mother in law visited us on Saturday and, as usual, started off with her idle stories and slighting; she provoked me so much that I saw my hands trembling, and I finally mustered the courage to tell her so many things I never told her before. It was such a weight off my mind and, then yesterday, "crash" – my younger son appeared to be totally drained, and I kept doing both the merry magic and the black sheet. I think I spun the chakras twenty times a day. This morning I am very sad because I have the impression that I am fighting a hurricane.
How to fight when somebody rejoices all her life (unfortunately) when something bad happens to you and apparently keeps inviting disaster because then she can say, "There, I told you so..." I am tired, and I am conscious of my backbreaking task, but it is so terribly difficult when you have such a negative individual next to you. Of course, I will not give up and I will hold out as long as I can, because my fight has brought me to this level, but momentarily I am so sad. I forgot to say that my husband is the only son, and my mother in law a pathologically possessive woman.

August 4, 2008 10:39:41 | mindpositive

Jaja, the experience of negative energy, after you have understood it conceptually, becomes even more difficult because it looks so unreasonable and unnecessary.
You have chosen quite a good metaphor – a hurricane. The closer you are, the more destructive it gets.
You will need a few days to recover from the visit of your mother in law, and then see what you can do in order to reduce the number of her visits as much as possible. Now you understand very precisely how expressly negative people affect the environment. Your mother in law also shows with her character that she is a terribly negative person.
Of course, your husband is faced with the challenging task of cutting loose from his mother. He will have to – as they say – ACT LIKE A MAN. Only sons and only daughters face the greatest danger.

August 4, 2008 14:29:19 | mindpositive

Jaja, I remembered an event with my neighbor. She is not a major vampire and is fairly tolerable. She rarely visited me because I kept her at a distance. Yet, as the representative of the tenants in our building she would find a reason to show up at my door. And, along with explaining the official reason for her visit she would tell me all the info for a dozen neighbors in other near-by buildings – who was sick, who had a traffic accident, who had a fight....
One day I told her: "I don't know these people and I am not interested in their troubles. When you come to see me we can talk about official things and ONLY ABOUT SOMETHING NICE."
Just like that. Several years have passed since that occasion, and she respects my rule 1000%, she did not take offence, and she is older than me.
Contrary to biases and fears, people usually don't take offence when you tell them something in strong language – if that makes sense.
Whoever comes to my house has to respect my rules. I am the boss.
The same goes for parents on either side.

When they come to my house, let them respect it, and they will respect it if they accept my rules. Of course, you have to announce those, rules as I did to my neighbor. That's the only proper position for you. Therefore, POSITION, unlike Opposition.
Although you told your mother in law many things you had never told her before, and that is excellent, you were still in opposition.
She imposed the topics and the pace, and you opposed her.
You need to develop to the position of being the boss in your house, and if anybody does not like it, the answer is "bye". Then you are in power and your mother in law is in opposition. The person in power is always stronger, there is no dilemma about it. And one needs to be fair, you are then ready to respect her rules in her house. If you have to go there.

August 6, 2008 21:08:06 | [Jaja]

Here I am again. Thank God, we have recovered from the visit of my mother in law. I could never imagine that I would be able to feel so much the difference between positive and negative energy. That was ghastly. Now I know at least what is taking place.
My home is now the place of such incredible dialogues, and I am truly enthusiastic. My men talk face to face openly, and I can only be proud of them. I am no longer the "buffer zone" and that is a wonderful feeling. It's so nice to hear everybody expressing his/her feeling with nobody withdrawing with the feeling of being hurt (that regards especially my husband).

August 19, 2008 17:55:06 | [Jaja]

I think I read somewhere Renchi's comment about yawning while she was doing the merry magic. I have been yawning all the time since I started the merry magic, and two days I literally choked. Then I kept casting the black sheet on many people, and whenever I cast it on myself I breathed more freely... but it was so strenuous that I was fairly exhausted the next day. Is that all right, Serena? Or can anyone answer me?

August 19, 2008 19:50:15 | mindpositive

We yawn when we need more oxygen. We yawn when somebody vampires us. But we also yawn when we activate this process of frequency growth; you need to breathe more deeply and your chest is compressed because your muscles and other tissues were contracted for years owing to negative energy, and that's another reason for yawning. Deeper spontaneous breathing is the safest sign that your chakras are moving.
There is a post entitled "Are you breathing?"

August 20, 2008 20:45:28 | [Jaja]

Thanks, Serena! I really felt the stopping of negative energy on many examples. One of them, out of the many (and they come up every day) is my throat chakra which was totally blocked by the ceaseless nonsensical babbling of my mother in law. My husband and my younger son also began to suffer from thyroid hormone upsets. After that choking (on the second day) my voice got a lower pitch, nothing constricted my throat any longer and I can sing notes I was never able to sing in my life. This is FABULOUS BUT SO DIFFICULT!
I may have made a mistake by spinning my chakras in pairs because I see now that I did not spin them as I should have done (crosswise and not next to each other). Maybe this is also why I felt tired because I could not even imagine them spinning. Again a question: must they spin together because I find it difficult to see them spin together crosswise. They seem to be so far, so I rather spin them one by one at the back. Is that the proper way, Serena?

August 25, 2008 10:45:15 | mindpositive

When we spin chakras in a cross structure it is sufficient to see the spinning of one pair –

because you should have acquired the skill of seeing SIMULTANEOUSLY the spin of one chakra pair, say the front and the back pair in the heart zone. We then add the second pair at right angles, laterally on the body. So we only see the spin of the lateral pair. We then come back to the first pair, and hop a little on axis *x* and axis *y*. I cannot see the simultaneous spin of two pairs either, but just imagine it as I have described it. Whoever can't see the simultaneous spin of one chakra pair should move one chakra at a time BUT IN A PAIR. So, front-back, and then the next pair. Never all the front chakras one by one, and then the back ones one by one.

September 6, 2008 10:14:59 | [Jaja]

Here are some discoveries that gave me goose bumps. I have detected another "super grand master" – the dear mom of my colleague and long-time family friend. Dear mom is obese, a diabetic, suffers from high blood pressure, lies, steals, is an alcoholic, and on chemo for ten years because she has cancer. And we have all "serviced" the dear mother all that time. A nightmare. She packed her daughter off to psychiatry and gave her son diabetes and a hundred other marvels. When I put two and two together I felt a chill down my spine. Since we have been exchanging our woes with this friend for years, I obtained along with my mother in law another vampire, twice as strong (actually, she could hardly be stronger) and that combination is not only murderous but... I can't find words for it. This is terrible. They seem to multiply around me. How often should I cast the black sheet over her, Serena? My friend has read *Geometry* and finally got it through his head how to defend himself from mom. He knew all the time that she was destroying him but did not know how to defend himself, although defense from such characters is awfully difficult. As soon as I detected her and when he started to cast the sheets I felt relief. I have been breathing more easily for three days. Last night I again did Acceleration and now I am waiting for results. This morning I got up a little swollen up round the eyes. I don't know whether it's due to what I was doing, but I then installed auxiliary chakras and now everything's alright. I don't know whether I have mentioned that we also look after two aunts. One of them is rather senile, and the other suffers from painful knees. Ever since we "got" them my husband also feels pain in his knees. So we now have four active vampires. Do I have to do anything additionally, Serena, in order to protect us, and is that at all possible with such a crowd?

One more thing: ever since we got these aunts my husband began to get attacks of panic (the aunt who lives with my mother in law is senile), and my youngest son, the one who had an accident, had attacks of suffocation, his concentration fell terribly and he had trouble learning (although he has always been a very good student), while the elder one, who enrolled in college, can't get started. My husband and I already became almost addicted to tranquilizers, and when my younger son had an accident I found *Geometry* on internet. On St. Anthony's day I had a beautiful dream: St. Anthony with three eyes, i.e. the third eye. Ever since I have been spinning chakras, protecting myself as much as I can, and I seem to be doing that all day. My husband no longer has any panic attacks, and my son no longer suffocates and we haven't taken a single pill lately (ever since I started to spin three months ago). Isn't that marvelous? That is why I believe every word and thank God for having shown me the way and Serena for being so selfless. THANKS SERENA AND BLESS YOU!

September 10, 2008 8:46:02 | [Jaja]

I feel I have increased my frequency considerably - according to many indicators, and there are so many I can hardly count them, one of the most important ones being that I feel the sequence of events in advance. For instance, just when I think I have to get rid of my old TV set and that they have to bring a large garbage container, I look through the window and see them doing just

that; or, another case, the condition of my son has improved and at that moment I get the picture of a friend of his coming to visit him, I find him strange and am afraid he will turn his energy upside down, and there he is on the threshold and, really, after his friend's visit my son was so tired and aggressive; I was really shocked to see how negative energy can upset harmony. The next day was really strenuous, I really felt terrible, and the higher the frequency the more shocked I am, wondering how I could function at all in such a negative setting.

September 10, 2008 9:23:49 | [Jaja]

I noticed the following: if I start to cast the black sheet already at 5 a.m., my vampires do not hit me so easily, but if they hit me first and I use the sheet after that, I literally choke the whole day. I have become so skilled that as soon as I think of some of them I start breathing properly and would not even have to cast the sheet on them, but I do cast it.

September 10, 2008 16:33:06 | mindpositive

That's an excellent discovery, the dear friend's old mom, and a fine analysis.

You don't need to use the black sheet on the friend's mom, if you have no contact with her, unless you do it very rarely and quite accidentally. You (and your husband, if he meets him socially) could place the black sheet on that FRIEND, and that should be sufficient (nevertheless, do check off and on with the pendulum, and the question is: "does the friend's mom vampire ME?"). Because mom drains him, and he then drains the whole world. That should be easier, then, because the friend also starts to apply the "merry magic", and his subconscious learns the same energy "language" as you. You can ask him to decide firmly that he will not vampire you and your family. This helps additionally, of course, because he has read *Geometry* and knows what you are talking about.

How often to place the "black sheet" on him?

Every hour for several weeks. And after that somewhat less frequently. Then, be alert and careful to avoid his getting the habit again, in the morning, before bedtime and occasionally in-between. When that friend stops vampiring you, you nevertheless need to check the situation off and on, if possible with the pendulum, because they can return as soon as they have some trouble at home, and he obviously has quite a few.

September 10, 2008 17:14:27 | mindpositive

True, Jaja, the "black sheet" can be placed on a group of people. If you notice it works, excellent. It can happen that sometimes it usually works, and sometimes it does not. Then you act individually. We must feel relief, that is essential, and that way we feel exactly that we have stopped negative energy. Just let me repeat – we always observe whether we have achieved the result. Achievement is manifested as deeper breathing, the relaxing of some muscles, mental liveliness and a generally fast recovery of the good mood for any activity.

September 18, 2008 10:35:27 | [Jaja]

I have been doing the merry magic for three and a half months. I have really understood this as the task of my life, and I spin twenty times a day and, over the past month, with accelerations in the evening, for two or two and a half hours. In my assessment, I and my husband are passive vampires, and my mother in law and all the others are active vampires. My husband has accepted the merry magic although he has not read the book, and the best result is evident on my son who had an accident. The boy was not in the mood for anything. He was totally drained. After my truly persistent work, choking, spinning, isolation from all vampires the results are so visible that even my husband is in a shock and says "I am no longer going to let anyone use me"; he wants to say that he thought he vampired his son because he had been vampired by his parents. My son is

now so strong-willed that I have gained additional strength , even if it takes like this five more years I will work hard at it. I cast the black sheet on him and all the others every hour. If I accidentally forgot to do it, somebody would hitch onto me right away and it would be harder for me to get him/her off. This is such hard work but the results are magnificent if we truly persevere. It is difficult. I also wake up once during the night and then the black sheet on all of them, a spin and back to sleep. In the morning I am rested, and my people look as if they had their fill at the energy pump. During these three months my husband has suffered no panic attacks and, of course, has to believe this. This is also the answer to the question about kids. This is where you see the greatest progress – on the kids. Therefore Jaja IS NO LONGER GOING TO LET ANYONE USE HER.
One more thing (I am repeating something from a comment last month): if I do the merry magic less than fifteen times (and that can happen on some days owing to various commitments), they attack me right away, and if I don't cast the black sheet at 5 or 5.30 a.m. I find it harder to defend myself all day, and they keep choking me. When I have continuity, I recognize them all and defend myself easily. Hi Serena and everybody!

September 20, 2008 10:15:15 | mindpositive

Jaja, this time I shall really put these two comments in the post and answer them.
I shall discontinue a little the logical sequence of writing about children because we shall switch right away to big children, but I shall return to small kids after that.
We have finally hit the right topic.

69.

Monday, September 22, 2008

FRIENDS – A PAINFUL TOPIC

Welcome, my friend

September 22, 2008 9:25:21 | [Jaja]

I have to report again because this development with the kids is fascinating and their progress motivates me so much. As my younger son commented last night, since I have been doing that (he thinks of "merry magic") his memory is much better and he understands much better the subjects in school. Everything now seems to be simple to him (though he attends a rather demanding secondary school), and until last year he found everything rather strenuous. Poor boy, didn't we "waste" him, we the passive (vampires) and they the active (vampires).
I must mention that before he was always full of fear, always afraid of something, he suffered from light attacks of panic, his thyroid began to make trouble, but now all that is gone. He has a much, much better relationship with us – of course, since we are no longer sucking his energy. He notices every change, and now even knows quite clearly who among his friends takes away his energy.
My question would be: Serena, before he meets this particular friend would it be better for him to cast the black sheet and thus protect himself? When he is together with that guy he needs two days to recover. On Saturday they went to have a pizza, on Sunday he had a sore throat and today he stayed at home and did not go to school because he feels poorly. That guy was also with

him when he had the (traffic) accident. I am slowly getting mad because I see how he “squeezes” him, but I can’t forbid my son to see him because generally speaking the guy is OK, an A student, well-behaved, but for my son obviously...?
For this I will have to raise my frequency additionally, but until then I need some help, Serena. How to behave in such situations, keep on doing the merry magic and the black sheet constantly, and wait for everything to become crystal clear, or...? Jaja

Yes, Jaja. That would be the shortest answer, but I shall nevertheless expand on it.

Jaja has produced a miracle in three months. And yet, it is no wonder, really. She understood the theory and followed the technique accurately. She does the merry magic and the black sheet almost every hour, especially early in the morning, which is very, very important, she slowly involved her husband, and now even her younger son begins to note the results of mom’s and dad’s energy work.

You and your husband managed to maintain harmony – and that is extremely important – even being heavily besieged by negative energy (of the parents and two aunts on top of that!). When mom and dad UNITE, but on the right project, there’s no limit to what they can do for their children. Many people here have a hard time fighting vampirism in themselves and around themselves because they lack even a minimum of harmony with their partners.

Yet, the burden of the past is still on your back. You will deal with it, sure, but let me explain and answer.

You obviously brought up your boy by implanting good working habits and that is why, in spite of the heavy energy pressing, he has always been a good student. But, lately you had to push him... and now, when the energy load has been reduced, he already flies.

...his memory is much better and he understands much better the subjects in school. Everything now seems to be simple to him (though he attends a rather demanding secondary school), and until last year he found everything rather strenuous...

In children the sudden surge of intelligence and creativity is literally visible, and it is drastic.

I love to emphasize the growth of intelligence caused by POSITIVE ENERGY because this motivates even the most hesitant and doubting people and directs toward positive energy.

Some things proceed quite well. And then your boy hits a mine called a friend. Here you can see how the boy accepted the role of an energy victim, how his defensive system is confused. His best friend is at the same time his biggest enemy. The same energy scheme as with the parents. They want the best and do the worst for their children. The best solution would be breaking that friendship. Anything else would be a pain in the neck. Since that is out of the question, and even unmentionable, here are some other options.

If he managed to hear the facts quietly – because I have the impression that you told him what you wrote, that he is always poorly when he is with that friend of his – he already has some food for thought. And if he is willing to put his friend under the "black sheet", that is good, too. However, only before meeting the friend will not be enough; rather, what is called for is a dozen minutes while he is with the friend and after they each go their way. Plus, plus, plus: every day, every hour – because if they are longtime friends and very close, it makes no difference if they are together or not in space, the kid vampires him all the time. Maybe your son will get bored with all that procedure (even if he accepts it), and will slowly desist from meeting his friend. Not to be excluded is the possibility, though not too probable, that the friend will become positive, or at least less negative, while he is close to your son. This calls for thorough observation, and who can do that better than your son? Only he. However, maybe he will not feel like doing it. It's a major task, you see that on yourself. In this case, the kid has connected mom's energy work and his intellectual progress, and that's good. He is already giving that a thought.

But what if your son (or anybody's son) doesn't even want to hear about all this I have written?

Nothing.

And you can't forbid him that friendship either. Or lecture him because young people always find that irritating.

So, what to do? Well, there is still something left. Plan B.

Turn the whole thing into comedy.

The kid sniffles, moans that he will miss something in the city, at school. You just comment in passing, cheerfully, not at all worriedly, "I know how you could get well quickly; if you're interested, let me know", and off you go to the kitchen. NOT

WAITING FOR AN (forced) ANSWER.

The second time you just get in a dig about fools learning from their own experience and smart people from the experience of others. And again see whether he will swallow the hook.

And you need to make fun of his being unable to breathe, about his painful sinuses and his red, drunkard's nose. "Well, you want it, so wear it when you like it. Colds are the fashion nowadays. Everybody has a cold. Hah, hah, hah!"

In a nutshell, improvise a comedy about his torment and nuisance caused by his cold. And you have solution which, as it seems, does not interest anybody, hah, hah, hah...

Provoke, taunt, wittily, discreetly, without exaggeration.

And then, having caused interest, stress your knowledge about energy, and suggest proposals. If that doesn't work, don't worry. It will work, but later. He will catch colds on other occasions when he meets his friend, and will get he message. What is most important, you, his grandmas and grandpas got off his back. Friends can be a major problem, that can be understood and resolved more easily.

Another topic is that of your second son, i.e., the relationship between the two brothers. Out of two children, in their relationship one usually gets the role of vampire and the other the role of the victim. There are exceptions to this rule, but this is what happens most frequently. Therefore, you'll have to unravel that as well... With the "black sheet", the only and the best.

With our care we have become a bore to our children.

We nurtured, and bled their energy dry.

And why should they listen to us and believe us?

That's why we need this comedy and this show.

Because they don't believe us. Our children don't believe us.

It will take time to gain their confidence again.

One day you will talk reasonably on an equal footing. And joke spontaneously with no premeditation.

By that time, let's get along somehow.

Maybe someone has a better idea? I will very much like to read it.

Perhaps you could tell your son that you wrote to me, Jaja, and that I replied... and if he shows interest he could read this post?

Stay alive and kicking!

September 23, 2008 8:19:34 | [Jaja]
Thank you very much, dear Serena! I told them everything, generally, and we are talking openly about everything. I mainly pushed all this information to them and I am happy to see that I am on the right track. I will certainly show him the post. They are still a little confused, but they accept everything because they see that we are doing better. That is so obvious. Over the past two days I worked my ass off. I choked and took every pain, cast the sheet every hour and today he is ready for school. If someone had told me all this half a year ago, I would have told him he was mad and that one cannot help oneself like that; but it really takes a terrible lot of time. When I say terrible I don't have to tell you how tiring that is, because doing the merry magic twenty times daily, the proper way, really takes a lot of time and will; moreover, acceleration every Friday (though I do acceleration every second evening because when I sit down to watch TV I keep spinning an hour and a half).

70.
Friday, September 26, 2008
The children blossomed

September 26, 2008 8:27:22 | [Jaja]
Hi everybody! I have just read Renchi's story and the similarity is obvious. Well done, Renchi! Actually, I can conclude that we are totally the same thing, but now I also know quite clearly why.
When you have major vital problems, especially if they regard children, health problems I mean, I think there are no dilemmas. My child almost died because of huge negative energy. I wish I had found this at least a months earlier, but what can I do about it. Thank God it's not worse.
That's why we need to do the "merry magic" as much as possible because that's the only way we can get out of trouble. The past few days I feel I am no longer choking so terribly, they (vampires) touch me less, I work (on energy) all day long, but I don't want to be caught off

balance and keep spinning (chakras) to avoid being surprised. I am careful because I know how hard it is when they get on my back.
There is no romantic quality whatsoever in all this. We just have to be dedicated to what we are doing, otherwise we shall just be able to keep our head above water. I have found a motive – my children. I shall speak about my (or, rather, our) health problems in another comment... they are too many to get going about them now, but now my children come first ...

I am quoting Jaja again because she describes so well and accurately what is to be done with energy, and how, and that it why this ought to remain singled out for all the new readers coming up.

Jaja and Renchi have reached the point I mentioned in my book and have kept repeating on the blog: you have to focus on energy every hour in order to maintain positive energy.

Hard or not hard – if you want results, that is the only recipe. And you have had it from the very beginning. And if you follow the recipe, the result is precisely the one I have described in my book, for both Jaja and Renchi – spectacular, fantastic, amazing.

Mothers with rather sick children achieved the result first. That was also my way, my motivation. I have pointed out many times that women are obstinately negative, but women-mothers are also the greatest pioneers of this revolutionary path toward positive energy. Fairly speaking.

It took us a lot of time to get to this point. Two years. In order to confirm with your experience my most vehement claims – that positive energy cures all diseases and all problems (of course, if you are not too old and too sick, and that means that you have started focusing on positive energy too late).

At first, the early commentators on the blog hesitated a lot because they did not understand much, and quibbled along the line “there is something there, but it’s all the same just like all the other books”. Then, the next “generation” of commentators took a more serious view of energy practices – “it really produces good results, but who will do it every hour?” Yet another, even more recent “generation”, applies the technique even more seriously and analyzes it in philosophical terms, and the results they report are even better. There are no fundamental doubts any more, but the implementation is so difficult, so demanding. And negative energy is so “vicious”. They discovered all that painstakingly, with trust, but also observed objectively, thought about it, wrote comments, honed their investigative vein.

They helped me to understand that I had to come into the open with the “black sheet”, which promoted everybody’s progress. And now we have the latest “generation”, people who master the subject matter after studying, in a few weeks, our common journey. They are the most motivated and they firmly and strictly apply the technique, as in a school, focus on energy with full confidence – and the children have blossomed.

Thank you all for this cooperation. Thank you for asking, asking and just reading – and, most of all, I would like to thank the people dedicated industriously to energy work. Without you and without this communication made possible by modern science and technology, *Geometry* would have waited much longer for its true life and application. But there is still a road to be covered and difficulties to be surmounted ahead of us. We shall have to continue our cooperation, but Jaja’s and Renchi’s results are just the great results I expected and knew they would come. Their number will increase, I am sure. I am not underrating either the apparently smaller results which we achieved even earlier. Luckily, all the people are not faced with such major problems. Nevertheless, such a revolutionary theory must be blazed abroad and afar in order to spread the word about positive energy. That is the point of positive energy – to reach everybody and change everything.

Although I have been telling you all the time “deal only with the problems of your immediate family because you don’t have the strength for more”, by lifting only ourselves, our partner and our children from the ashes we reach much farther and help the world, much more, to take the road we are taking instead of just literally “helping”.

We are also driven to this spread by the great need to find energy allies – a need I am stressing once again. In this effort your most natural ally is your partner. Work on that. Parents kindling positive energy are natural allies, whatever their relationships. Unfortunately, grandmas and grandpas are very selfish because from the very beginning their vital philosophy – overtly or covertly – was focused on “making” children so that the latter could be of help – at all times, and especially in old age. This philosophy has been present since the beginnings of homo sapiens, and we who discovered positive energy know best where it has brought us.

That’s why you mainly cannot count on old folks. Or on others, not to list them. So try to gain an ally in your partner. You can hardly find a better candidate than your partner. Only you two really and properly care for your children.

There is still work in store for us, and for some time the energy struggle will not be easier (but there will be results, constantly, every greater and better), so let's get to work.

Stay alive and kicking!

October 17, 2008 8:37:03 | [Jaja]

So, it's four month since I started doing the merry magic. I am really happy and have every reason to be, because so many things have changed. The relationships at home are constructive. Occasionally we have a driving engine, at other times we push along, but we drive on. So many things have changed, most of all our discussions. We have become wiser without wasting excessive energy. Always straight to the point with no beating about the bush. We are all really candid. I have slept the whole night through for a week now. I no longer wake up at night, and regardless of how long I sleep I am rested in the morning. I had problems with my hips for years. In this season I could hardly walk, and now I hop around like a bird. No trace of any pain (fabulous). They told me I had incipient angina pectoris. My heart skipped beats, and sometimes I had the feeling it had stopped. I could not even dream of falling asleep without a tranquilizer. Everybody around me is better. My children have blossomed, and my husband is in the "cleansing" phase. Two days ago he had a severe inflammation of the throat and could not swallow. That lasted one day and disappeared. Miraculous! I keep doing the merry magic all day. The myoma in my uterus appears to be much smaller. I haven't been to the doctor yet, but I am *sure* it is smaller and at at times I can't even feel it. There are also other, small things.... I really toil all day long. I keep doing the merry magic with my hand and "wave" round myself. I hope to God nobody sees me. I visualize only when I am outside. Of course, I also visualize when I work with my palm, directly on myself. I do not imagine any figure of myself in space. Even when I imagine that all the chakras are spinning simultaneously, I again see them on myself and make a "checking round" of myself. And you are right, Serena, I feel much better. I no longer feel that terrible choking, I recognize energies so well that I hardly even need more time to defend myself. Now all that proceeds much faster and easier. I see progress in every field and that gives me strength. I have now reduced merry magic to fifteen times a day, but in the evening I do it every hour, and acceleration every third day. So many things to be done, but I am not scared and I don't want to lag behind or fall. Persistence is the word.

I almost forgot another thing, and it's so significant. We in Dalmatia always use the humid southern wind, the *sirocco*, as an excuse... crazy weather, we moan, I can't sleep, and the wind and that stupid rain... and the full moon on top. I really felt every change of the weather for years. (I am writing this because my colleagues say the sirocco is at its worst). THANK GOD AND SERENA, no change of the weather has any effect on me any more. I don't have any illusions, I know that a lot of work still awaits me, but I am one of those people that do not fear hard work, and I shall try to solve anything that comes my way.

October 17, 2008 21:19:02 | mindpositive

Splendid, Jaja! You have shown the way – if we have tried, in energy terms, to make that our CHILDREN are well, WE shall do well, too.

Conversely, if we focus only on OURSELVES, the children will feel TERRIBLE. That's selfish vampire logic. And then we also begin to feel terrible. And this world functions in line with this

inverse logic.
And we are starting to change that! We can congratulate ourselves!

October 22, 2008 8:50:52 | [Jaja]

That's right, Serena, straight to the point! I am just in the condition you have described. I have worked hard, and now I feel I am just stuck in one spot because my musketeers don't really want to assume responsibility. Vampiring mom is easier (less work). My husband has been doing energy work for some time, and does a round three to four times a day. Even that means a lot to me because it makes everything easier for me. The elder son accepts everything, is open for every talk, but "has no time" for doing what he should do, while the younger one is a story of its own. Even before this post I concluded that he regularly vampires me and my husband, especially my husband because they are together a lot (rehab, school etc.). My husband drives him there and back, and is drained dry every second day. That is why he had a sore throat the other day, and I attributed that to cleansing. Possibly, but now I think the younger son now vampires us quite a lot. When he does not feel well he accepts what I tell him, and when he is well he tells me I am "off my rocker". Not to mention the reading of the book. Moreover, they have usually treated me as a family "witch" of sorts and consider everything a kind of magic, but deep inside they eventually accept everything because they see that we are always doing better... but this...It is somewhat complicated, I am a little "too fast" for them, they should try a little, and I have the impression that for a time this will be exclusively my effort, including my husband with these several times a day... and that really pisses me sometimes, but I will be persistent and keep trying whenever I get the chance. I know that they always accept everything from me, but they need time. I must be patient, although this is really grueling.

October 22, 2008 22:19:31 | mindpositive

Your musketeers will nevertheless accept spontaneous spinning little by little, Jaja, and that is a comforting thing.
Because they did not refuse the positive energy idea. Tell your husband to put the "black sheet" on your younger son as often as possible, and that way he will help both.
I see you have understood everything, so keep pushing.
Your boys are already big and this education in positive energy started late (but it is never too late), that is why it is more difficult.
Your observation that the younger boy is vampiring you is very good and accurate. How come now, somebody will ask, don't parents always vampire their children, so you wrote in the book. Yes, I did, because in the book I have described our world, the negative energy world. But when parents start activating positive energy, there is something that can be stolen from them, and big children have already learned how to vampire by copying their parents since they were born. Being young and foolish, children initially refuse to devote any effort or work to get positive energy moving (exactly as Jaja has described it) and the rest is pure physics – heist the energy from the more positive person(s), and those happen to be the parents doing the "merry magic".

November 3, 2008 8:22:17 | [Jaja]

As Renchi says, we were all excited with the beginners' euphoria, and the time has now come for real work. I really feel that way. After four months I thought everything had stopped, and then even the more deeply "suppressed" began to come out. Whew! I have been doing the merry magic for five months. Of course, after all that negative energy and after we got positive energy moving we were elated. Now, after we established contact with positive energy and after it has established itself, only now we can see the real difference. I do accelerations more intensively

and that can be seen on everybody. When I do the acceleration the temperature of my whole body appears to rise, especially on painful spots on my hips. My folks have already accepted all that as normal. Here and there the boys at least do the black sheet, and my husband does everything more and more regularly. Little by little this is becoming a way of life for us. That would not be the case, certainly, if they didn't see the changes that are so obvious. I no longer wake up every night to do the acceleration. Yesterday my sons had a discussion and I, for once, just sat and listened, did not babble or play the buffer zone. Here and there I would slip in a smart comment and I must admit I was proud of my work. We are all more mature, more responsible, wiser, more independent. All the people to whom I recommended the book occasionally "squeeze me dry" and nobody wants to do any work. They would all like to see the problems solving themselves. It's easier to moan than to work. That annoys me more and more, and I have no justification for such people. I have filtered everything and that's why the quality of my relationships (the ones that are left) is higher. I also read the *Biology of Belief* and added another piece to my mosaic.

November 3, 2008 21:25:22 | mindpositive

Things are really developing fine in your family, Jaja. Just as could be expected. But, and that is very important, this should also be understood by other people reading this blog. That's why your and Renchi's reports mean a lot.

Of course, if you have a problem you can't resolve no matter how hard you try, let us know that, too.

Now you are discovering at an ever greater rate the truth about people around you; positive energy does not permit any acting, carelessness or inequalities in relationships. You simply have to clarify everything. When you truly experience that from your new, positive energy level, you will see how impressive this is.

November 17, 2008 9:48:11 | [Jaja]

I have been finding links among all these complaints for a long time, but *Geometry* put my mosaic together. My grandma died of multiple sclerosis. My mother had headaches all the time. When I massaged her temples I felt sick, I had my tonsils taken out, and as a little girl I was diagnosed a strange, strong ear inflammation because of which I spent a month in hospital, and also had frequent troubles with my ears later on. I transmitted all that to my elder son who suffered from intolerable ear inflammations as a baby, and his tonsils were also removed very early on. When I got married I suffered from strong migraines with dizziness; they came and went, but with no major pain in my head. My husband had terrible sinus inflammations, so strong that he had to go and have the secretion extracted, and suffered intolerable pain (he literally banged his head against the wall). Later on I transmitted those migraines to my younger son, and he has suffered them since he was fifteen (with dizziness). They obviously exhausted us so much that we were also lousy vampires at the time. I was always a good, A and B student, but my concentration was miserable. I had to read one sentence several times. The same with my children. We only made it with great effort. Only God knows how long we have carried this, and from whom we got it, but now I know, quite clearly, that all that (evil) was not only of our doing. I have a question related to a problem I have not met so far: when I do the acceleration my body gets hot and I have the impression that I got a fever. Everything's alright while I spin for an hour and a half, but when I go beyond two hours I begin to feel this bodily heat and get colder. Is that OK, Serena? Later on I feel fine, as if I had expelled something from my body and the next morning I could sleep all day. After that I always breathe more deeply and smoothly, and when I

get going with the merry magic I have a clean breath with the very first chakra. This leads me to conclude that all that is good and that I am progressing, but I'd like some confirmation! By the way, ever since I started doing the merry magic I have suffered from migraine only once, in the beginning. That was in the second week of my work. The same happened to my son, and after that nothing. Not to mention concentration. For first time in my life, I think, I have no "fog" round my brain.

November 17, 2008 10:18:34 | [Jaja]

One more thing: now I am certain that I was already conceived with negative energy. All my life I remember myself as a sickly, terribly anemic, withdrawn, awfully timid person ... and my fear reaches back before conception. What a horrible awareness! When I look at my childhood pictures I cannot but shudder. I was half dead. Pale, with no blood in my face, skinny, with large dark rings under my eyes. Now I am super-alive. They always gave me goat's milk to liven me up a little, but nothing helped. That's certainly why my parents died too early... to save us children. That is why I have kept asking myself all my life: WHY?

November 18, 2008 13:08:12 | mindpositive

Jaja, you too fit into the general picture here.

You see how we understand apparently different phenomena (diagnoses) when we put them into the correct theoretical framework? And we do solve them! Yes, we do!

As you describe it, acceleration seems to be all right. Nevertheless, to be completely sure, control is essential, that is, during acceleration and the day after none of your three "boys" felt poorly in any way. A possible exception would occur if anybody was in his own vampire crowd (with friends or the like) and had symptoms of suffered vampirism because of that. That should be controlled carefully for some time – say until we do the first five or six accelerations. If we did not vampire our family members then, it is highly probable that we never will. Yet, we always need to OBSERVE.

Am I not training you to become thorough and systematic as scientific researchers!!!

But we are doing fine!

PS You, too, seem to find the conclusion from my book acceptable, i.e., that the mother had died too early in order to save her children from herself. She could not stand what she was doing to them UNCONSCIOUSLY. That is why her premature death is tragic, good and moral. The world of negative energy is necessarily tragic. The ancient Greeks have defined tragedy as the dominant dramatic form – because it depicts well the reality of negative energy.

November 19, 2008 8:31:26 | [Jaja]

Quote: "Moreover, there are seven barely visible chakras below the spine. They are the seat of instinctive consciousness, and the origin of jealousy, hate, envy, guilt, sorrow etc., and constitute the nether or hellish world called Naraka or Patala. They are: 1. atala chakra (hips) – fear and greed; 2. vitala chakra (thighs) – great fury; 3. sutala chakra (knees) –jealousy; 4. talatala chakra (calves) – total mental confusion; 5. rasatala chakra (ankles) – selfishness; 6. mahatala chakra (feet) – absence of consciousness; 7. patala chakra (on the soles) – murder and malice", unquote.

And now let me connect all that. After acceleration, with which I am now intensively concerned (Fridays and Saturday two and a half hours, Sundays one hour), I feel those temperature changes on the body but also intensive events during the week. I have already mentioned that my father and my father in law were like two mad dogs. My son broke the thigh bone, and was conceived

in a vortex of negative energy. The boy is insecure and full of some kind of fury. I must note that both my husband and me are gentle people. The total opposite of our parents (except my mother who was also gentle, but unable to change anything – owing to circumstances and to the conventional wisdom that man is God, she perceived my father in such terms). To conclude: it seems that a large part of that fury was inherited (unfortunately) by my son, and we are now getting rid of it. That is why we have such long discussions. Because of our ignorance, we have made quite a few mistakes by continuously protecting our children. The elder boy has changed for the better, but he is gentle anyway. A real peacemaker, but it is the younger one that galls us with his nature. Does that look all right to you, Serena? Our discussions have a good ending, but they can be very exhausting.

December 4, 2008 10:57:31 | [Jaja]

I think I read something about that, but I will nevertheless ask this question: can household appliances start to break down after the exit (cleansing) of negative energy?

December 5, 2008 17:312:19 | mindpositive

Jaja, with regard to the fury of your younger son vs. the three of you, gentle and calm members... I think that this is a frequent case because parents usually start to vampire the first child. And that child is in a tight spot unless other children come up. As soon as the next child is born, the elder one has someone to vampire and that soothes his/her nature. The youngest child has nobody weaker in the family to vampire, and that's why he/she is the most furious. I think your analysis shows that everything is developing well.

In the *Field* there is an interesting study about human influence on household appliances, electronic ones in particular. The researchers were familiar with people who just entered a laboratory and things began to break down. I have had no opportunity to study that in the context of our discussion, and I can't give you an exact answer. But I have an interesting experience (I don't know whether I have mentioned it so far) with a very interesting thing such as a folding mountaineering stick. No electricity, no electronics. A few years ago I used to go hiking with a couple and I thought that they were on the positive track. No way, and she was a negative horror. I should have understood that and set off again into the mountains alone. But the opportunist in me wanted to continue going with them. Enter the stick. On three occasions I could not pull the stick out, and if I did pull it out, I could not pull it in, not even with the help of my (male) friend. Three hikes, three different weather conditions... I thought that the underlying cause could be moisture in the air or something similar. The next time he took the stick home in order to "fix" it and said that the stick was quite alright and that he had pulled it in without any problems (that is, at home, where SHE was not present). The third time, the three of us got going uphill again, and neither he nor I managed to pull the stick out.

Stick apart, I finally stopped seeing them and hiked alone in gentler and more frequented hills. Two years have elapsed since, I have used the stick all the time and it functions most normally without any trouble. Later on I understood that the woman fervently wanted to get rid of my company but did not dare to show or to say it. She probably "told" the stick, and the stick transmitted the message to me. Maybe the stick has nothing to do with anything, but that's the way it happened... Really a bizarre episode...

January 8, 2009 11:25:16 | [Jaja]

A BIG greeting and LOTS of love to everybody in the coming year! Renchi inspires me because

I have the impression that our progress is similar. I have been doing the merry magic for seven months now, and the changes are fascinating, especially on my boys. I have experienced so many amazing changes and such mental clarity, and I find it strange to see some commentators saying they see no changes or expressing wishes to change the system of work. I still claim that the most important thing is serious dedication to one's effort, as Renchi has also confirmed. I also spin every evening, but I also do it during the day – now 12 to 15 times, formerly 20 times. Did you think I was unemployed? No, I work until three, and then I have a lot of work at home, too, with three men and three old women. I think that God took pity on me and sent me *Geometry*...

January 8, 2009 11:34:27 | [Jaja]

I no longer wake up at night. I think that by day it would be enough to do the merry magic up to ten times, but I am still very careful. And I cast and spin. I recognize intruders right away and I am not letting anybody sticking to me like a burr. I say and do everything I feel right away and don't care if others like it or not. I have been on a spiritual journey for eighteen years, I have read a huge heap of books, but I only found an answer in *Geometry*, and now everything just goes on. And again I have to thank GOD and SERENA! Just one more thing: everybody round us is sick, but we are all hale and hearty. Regards to Serena... and everybody!

January 8, 2009 12:12:05 | mindpositive

I was so pleased to hear from you, Jaja. I already thought that you had run into a "roadblock" en route. I think that the description of your news with such details, provided by you and Renchi, is very useful, because I believe that this inspires people and that nobody can say, in the back of his/her mind, "come on, only Serena can do that".

January 8, 2009, 12:33:57 | [Jaja]

No, no, dear Serena, I don't give up so easily, I am a very persistent and somewhat stubborn Libra. Actually, to quote you, I am the "roadblock" because all the routes of access used by people that attempted to get their ample portion of energy from me are now closed. They are in trouble, because all the people that vampired me for years are sick now. I am not pleased to see that they are sick, God forbid, but their inflow has been stopped and they squirm in their negative energy. My boys have got used to their mom spinning all the time, and that has become normal to them. Here and there, I know, they protect themselves, and as I said the results are truly fascinating. Over these seven months I have achieved more than in eighteen years. Sure, I had good foundations because of all the books I am reading.

January 8, 2009 12:39:22 | [Jaja]

Renchi, I also felt real major changes after three months, but we have felt that mainly on the children, and that is why we have no doubts or major question marks. Just as I said a while ago, God sent me *Geometry* and I accepted that as a blessing, whatever anyone may think about that...My love to Serena, Renchi and everybody!

January 12, 2009 13:12:06 | [Jaja]

Thanks for the question, Serena... The younger son is recovering nicely, now he in on one crutch only, but the major obvious changes are those inside. He has become a cheerful and happy person, there is hardly any fury, and he can control it very well. He is no longer mad at anyone, does not carp, solves everything with a smile – a totally different boy. Of course, I am also totally different. We have all changed, a lot... I am no longer angry at anyone, I do not censure, I do not bear grudges, because I now understand people very well and my feeling is transmitted to them. I got what I wanted!!! THANKS!

January 25, 2009 10:35:31 | [Jaja]

In one stride Lucky also mentioned why we who have been present on this blog a longer time do not report so frequently. We do not because we have seen that we get the answers ourselves and, hence, have fewer questions, and even if we do have any, we just wait a little and the answer comes. Everything has become simpler because we are more aware. I have not seen the enlarged edition of *Geometry* but my friend Venera told that she had seen it and that our comments are also in the book. I am really looking forward to it. We are still progressing. We have questions, get answers and beat back all attacks. My husband is my ally and that, of course, makes everything easier.

71.

Sunday, February 8, 2009

Off with bone pain!

February 4, 2009 8:06:26 | [Jaja]

I have never checked whether I suffer from osteopenia, osteoporosis or anything like it, but in a particular period (when I found *Geometry*) I could not walk normally for days because of pain in my hips, and at night I would just toss and turn because I could not find a comfortable position. Horrible! They also (allegedly) found I had incipient angina pectoris. To be sure, my heart did skip beats and I suffered bouts of arrhythmia. I have been doing the "merry magic" for full seven months, and felt better already after three months. In these seven months I have not taken a single pill, and I feel no pain. Here and there I am overcome by major negative guys, but I soon defend myself. During these seven months since my son had an accident I know I would have taken a case of tranquilizers and painkillers and who knows what not... but NOT TAKING A SINGLE PILL is something miraculous

Here Jaja kindly answered Vidra who asked whether "merry magic" would help her to reduce her problems with osteoporosis. Since Jaja's progress in this field was also fascinating, I have decided to highlight it this way, it might help somebody else. Elderly people familiar with bone and joint complaints know how helpless medicine is when such ailments are concerned, and that makes Jaja's result even more significant. Painkillers in cases of severe and chronic pain are often ineffective, not to mention adverse side effects. Jaja's progress can be achieved by almost everybody unless degenerative processes in the body have damaged tissues too much, although I believe that pain can at least be alleviated and made tolerable even then. Maybe a much older reader will inform us about that one day.

And here is an addition. Jaja is again reporting some significant things:

Here I am again.. I was watching the sky yesterday: dark, gloomy clouds over my town... rain ... bora today... No, I am not "off my rocker", just thinking how terrible

such weather was to me before. My brain would be freaked, concentration at zero, migraines with any change of the weather. I really felt bad. Now I am again a normal being (written like this, all these feelings sound lukewarm because there are no words with which you can describe such changes). I don't feel any weather changes, I haven't had a migraine for seven months, I sleep normally, I don't wake up at night, and that means that I have raised my frequency sufficiently so that they are not "sucking" me any more during the night. After a long time, three days ago I visited my mother in law, only for a few minutes though, but I noticed that she did not even brush me. The same holds good for a good acquaintance of mine who regularly "squeezed" me. She did not brush me either, and I was with her for almost an hour.

According to all indicators, I boosted my frequency well.
Serena, you asked me about my husband. He is another man now. Of course, he has felt all this as well, there are no longer any dilemmas and he regularly spins his chakras. I don't ask him how many times he does it in order to avoid being a bore, because all that progressed slowly and with a lot of effort on my part, but when you see the results there are no longer any dilemmas. He suffered such bouts of panic that he even upset the functioning of his thyroid, he had high cholesterol, arrhythmias, pain all over the body, choking, sleeplessness... Terrible! All that is GONE, and the optimism that came along with that has brought great joy into our home... We had already become addicted to tranquilizers. He has not taken any either during these seven months, or maybe one or two. So, now, how can you disbelieve all this!

Such results were possible over a relatively short time for two basic reasons: from the beginning Jaja has been accurately following the energy directions I recommended (more about that in her previous comments).

Second reason: in spite of the high negative energy in which they lived, Jaja nevertheless managed to maintain a good relationship with her husband – I understood that from some accidental words in some previous comments (if I have made a mistake, Jaja, please correct me). Thus, in an atmosphere of basic mutual trust, in spite of the initial repulsion of "energy", her husband nevertheless accepted everything because (Jaja's) deeds were manifest. You can't but believe when you see facts, results.

Stay alive and kicking!

February 12, 2009 8:09:25 | [Jaja]

Yes, Serena, that's the way it was. Our marriage is not ideal, and neither is everybody's, but we have something that many couples miss, perhaps, and that is the BRUTE TRUTH we are not afraid to tell each other, and that is the key to success, to call it that way. If two married people can't tell each other all that is to be told, with no acting or mincing words, then such a marriage is based on lies. And that cannot be good because everything remains partly said, and in such a situation problems are swept under the carpet, their solution is delayed and no progress is possible. That is my deep conviction. If you are an idiot, I will tell you that you are an idiot and explain why I think so; if you don't agree, present your own arguments, and then we'll discuss the matter. If we can't, we don't need to be together because we certainly shall not progress. I did not reach this conclusion overnight, nor was I born smart, I just worked every day, thought, cried, begged, re-examined, read, learned, erred, corrected, but in every endeavor I was brutally candid. I have never been capable of coming to terms with a lukewarm, neither hot nor cold situation. But we are all different. This is me, and maybe I have succeeded in achieving such a radical change in such a short time because I am really transparent, as our great politicians would say.

February 12, 2009 8:42:02 | [Jaja]

Another point: all her life my mother felt the need to wrap everything in cellophane so that everything looked fine from the outside. While she was alive I often heard her sentence "what will people say". Anyway, after she died everything fell apart because it was built on false foundations. This is also why I felt the need to be brutally candid, and nobody liked that, although time showed that it was the only correct approach. That hurts, almost always, but everything hurts –and lies hurt three times as much.

March 5, 2009 | [Jaja]

My report after nine months of merry magic: folks, there have been ups and downs. Downs mainly occur when my mother in law interfered and destroyed everything, so that for two days after that I had to spin myself to death. But I shake her off, and the best thing is that my boys now see what negative energy at work looks like. My boys have accepted everything. They protect themselves and spin every now and then, the elder one is just reading the book and is excited about it, the younger one regularly casts the black sheet, and the husband does everything regularly. In this way I have gained allies and we all set off toward new victories. My persistence has yielded fruit although the situation looked impossible in the beginning. Thanks to my frequency, I feel every negative guy on a specific part of my body, and I know who is "stripping" me in a given moment. Not always, but this applies to the regulars.

I still do it about twelve times, and one to one and a half hours in the evening, and acceleration two to two and a half hours twice a week. Layers galore in our family, all kinds of things coming out, but our awareness is higher, and we cope with everything much more easily. The more aware we are, the more we note our mistakes and the mistakes of our predecessors, and that is a little painful, but we are aware of the fact that the past should be left in peace, forgive everybody and carry on. We stick to that and carry on. For the time being we are doing well and I am grateful to God and Serena with all my heart! Regards everybody! And, in particular, Serena! And... Renchi, where are you, how are you doing?

June 25, 2009 15:33.47 | [Jaja]

Hi, dear Serena, hi folks! Just a few words for the time being because I am in a hurry; the PRESS is a discovery!!! Thanks, Serena, because I was really getting tired with negative people and

many bad programs from some of my deeper levels. Over the past year I have learned, discovered and become aware of so many things... but recently negative people made me so tired that I thought something was wrong, and then I opened the blog and there were the answers to my questions. I am grateful... I'll report again... now I am in a hurry!

June 26, 2009 | [Jaja]

I notice that negative energy is breaking to the surface like a volcano (in all the people involved in the process and writing about it) and causing large scale negativity cleansing. Good work, Darac, I also feel and see that in my enhanced cleansing operations. The press is truly a delivery in this moment, because so much negativity was coming out that I could no longer cope with it, it became too difficult.

72.

CASE STUDY 2

Renchi

July 29, 2008 17:10:26 | [Renchi]

Your book has literally saved my life and got into my hands at a moment when I was desperately asking myself what else could I do (and haven't tried yet). Most important of all, I got the so desired answers to the question: "Where have I erred, what is wrong with me, and how to improve?" Now I know that I should actually ask :"Why?" Without that question there is no help and no progress. I am fed up with people telling me: "You must not ask why, that's the way things are", or similar useless comments. I persistently opposed accepting such a life, and then got *the Geometry of the Divine Spark*. If you look for something, you will find it. Since I had tried everything else without even the least improvement, I decided to apply the techniques of the book and see what happens, things could not be worse.

July 29, 2008 17:49:42 | [Renchi]

I am not a computer genius, and so I sent my first comment, moreover cut in half, to June 2008. So, in order to avoid repeating myself, I would like to thank Serena warmly for her great courage and will to publish *Geometry*. The book "burst" into my life a month ago, gave me answers to all the questions I was asking desperately (and got no answer so far). The technique works, really, unlike anything I have tried so far.

July 29, 2009 18:47:40 | [Renchi]

Here I am again. Here is my experience: after a horrendous divorce two years ago, I live with my two children. But these two years were distinguished by continuous misfortunes. Both my kids and myself were sick all the time, surgeries, chronic lack of a decent job, and many more things I find too painful to mention. Anything I tried failed. After all that, with no result in sight I began to ask why should all these misfortunes happen to a person (and her children) who until two years ago had an excellently well-paid job, and enjoyed a fine social life and personal pleasures. All that went downhill with the divorce. I was a confident and stable person, and all of a sudden fear crept into me, I let my ex husband insult me verbally and attack me before my children. [Note: the program again "ate" the end of Renchi's comment].

July 30, 200815:39:41 | [Renchi]

Yes, after divorce Klara's story has a better ending. But the merry magic helps us both. I also found the black sheet very helpful. My comment remained unfinished; I wanted to mention my conclusion that my former husband was jeopardizing my energy during the last two years. He wanted to forbid me to leave him even if he had an affair for years. However, he threatened me and mistreated me whenever I attempted to make him agree to a civilized divorce and give me a chance for a more normal life. He has continued to behave like that even after I moved away with the children. During that period nothing went well for me. Just when I needed support most of all, because it is never easy with divorces. But help arrived. Of course, through *Geometry*, and the merry magic and black sheet techniques. There was also improvement, slowly but surely, at all levels. I would only like to know whether the merry magic I'm doing also helps and protects my children (they are small) from the attempts of their father to steal their energy? I have always wondered why they became nervous every time they saw their father and threw tantrums. I would kindly ask Serena to explain that to me.

July 30, 2008 17:07:00 | mindpositive

Renchi, your work with the merry magic and the black sheet certainly helps your small children as well (it would also help them if they were bigger). Why do your children have fits of rage in the presence of their father? Because he's stealing their energy.

I was pleased to hear that your life has begun to improve. Keep up your energy work and observe what happens.

Most probably you don't explain your life well yet, but you'll get to that point with the increase of your energy in time. We really proceed step by step in our life, without any skipping.

And, again, do the merry magic and the black sheet regularly.

This is my warm recommendation to all of you.

You will not reach understanding through STUBBORN SPECULATION. Understanding comes through PERSISTENT ENERGY WORK. When understanding arrives, it does so without any effort, it just occurs to you.

And then, UNDERSTANDING lifts you, motivates you and you grow.

August 2, 2008 19:08:44 |[Renchi]

I have a question for Serena or anyone who has been working on positive energy for a longer time and more efficiently (there are quite a few people like this here). Reading old posts on tantrums, some things were not clear to me. That is, the person left without energy (of course, vampired by someone) can react with a fit of rage. Against whom? Is it necessarily the person vampiring him/her or, perhaps someone who happens to be nearby? This is very important for me.

August 4, 2008 11:10:28 |[Renchi]

Thanks for the comment, Klara. It helped me to understand why I behaved that way. I felt terrible rage against my former husband (not because of the divorce, but because of his manipulative behavior); but I didn't say anything and just ate my heart out. When I came home, I was miserable and just asked myself why I was such an asshole instead of snapping back. Then I began to feel fatigue and apathy even with the simplest operations (funnily, I even found dishwashing a terrible effort). Not to mention other chores, I kept putting them off for days and could never finish them.

I didn't understand what was the matter with me, and I couldn't even pull myself together as

other people advised me. No effort of the will could help me. In that period I probably vampired others terribly in order to be able to survive. Then I started to do the merry magic. In the beginning (a few days) I found it difficult, but then I was doing better and better and I could concentrate more easily. I'm doing the merry magic even twenty times a day. Things have changed in the last two months. In the beginning I thought that this was accidental, but I know that nothing happens accidentally, this is just a stupid excuse when we don't have a good enough answer.

I had to admit that since I started doing the merry magic I no longer lie down every hour, I need less sleep and I am not tired. I do everything with ease and pleasure. Sorrow and desperation have disappeared, and when I am faced with a difficulty, I soon come up with constructive solutions. Even my former husband has given up and stays away from me; only once, a dozen days ago, when I had just started doing the merry magic, he made a try but suddenly pulled back, so that I enjoy blessed peace at least for the time being. Relationships with other people are slowly crystallizing and are becoming more pleasant. Of course, I still don't know many things, I have just joined up, and I frequently have questions. This is something totally new for me and that is why I keep going because of the results which are slowly becoming visible. Unfortunately, earlier attempts (mediation of this or that kind, self-help techniques and that kind of stuff) did not help me at all.

August 5, 2008 11:12:55 |[Renchi]

I would like to address Issobellissima. I see that you are having a hard time and that reminds me how I also came to this blog when I was in a similar gloomy condition. This is also probably the case with you. Whatever your life may be like now, however hopeless, you can prevail, and you are not here by any chance. We are all alike, with more or less similar stories. And we have another thing in common: we don't want to live like this any more. We can do better! This is why we are here now, to let the light of positive energy into our life. Read older posts, they will help you a lot in the beginning, and then you will ask more and more questions, search and notice that you are getting better and better. I wish you every success!

August 7, 2008 12:20:34 |[Renchi]

I have arrived at a conclusion and I'd like to share it with you. For a long time everything has been fine, I have been doing the merry magic and the black sheet at least twenty times a day, results galore, everybody happy and pleased. All of a sudden (the last three days) something went wrong. I have a headache (usually I never do), I am tired all day long, my daughter is freaking out, intolerable. Now I am asking myself what went wrong: is it the technique, is it the way I do it, something must be wrong. Of course, I found the answer very quickly because we must be sincere with ourselves. Because of greater number of commitments I had reduced the merry magic from twenty times to 2 – 3 times a day.

I obviously believed that I did not need so much any more, but that is not true. Two to three times a day is not enough, negative energy stalks us and finds a way to attack us. In other words we need more, and we have to do it more frequently because we are not yet so strong as we think we are. After all, if we went to work three times a month, what would our salary be!? No results without work. So, I told myself, get back to the old schedule as soon as possible and be happy for having a clear insight into the situation. Of course, it is not easy to get the time for the merry magic with other people in the house (my kids keep asking me why I close my eyes so often, why I am in the bathroom all the time, and I have to get away from them and have peace). Better

in the bathroom than no way. I'm off now to spin my chakras again.

August 7, 2008 19:42:41 |[Renchi]

I have the same problem as Bee. The merry magic and the black sheet help a lot, but only if I practice them every half an hour, and sometimes I forget to do it. I remember to do it when negative energy grabs me, usually in the form of a sudden change of mood and/or a terrible headache. Then I must forget everything as quickly as possible, and nothing is important any more except the black sheet. It helps without fail. But, a short time afterwards, there it is again. I don't know who or what is causing it. My former mother-in-law also engaged in suspicious dealings [*S.A.: some kind of magic*] as did Bee's former friend. This is the way it happens: it first grabs Ivona (my daughter), then moves on to me, I move to the bathroom and do step 1 and the black sheet, step 2, and it stops. And then back to square one in half an hour.

August 8, 2008 10:55:45 |[Renchi]

Why is it so difficult to get some people off our back? Regardless of my energy efforts, they never seem to get the message and back off. This makes me mad at that person. I try hard, I keep telling myself, I put in a lot of effort and I don't regret it. And then some lazybones (he has the same potential as me, but he does not want to use it) finds himself an easy way to get energy. Can you help not being mad? And when you try to speak to such a person about energy work, he/she will regularly tell you that this is a tax on fools or stuff for suckers. Great! I will continue to work hard. If anything, I am at least doing my best not to take energy from other people, and that is already a sufficiently good reason. Because stealing energy certainly involves certain consequences, and nobody wants that. Except the fresh guys from whom we have to defend ourselves, especially when they tell you: "Me stealing energy? I am charged with more energy than anybody else!" The insolence of such people makes me mad. I know I should pay no attention to them, but I can't help myself.

I have read a lot of books on this subject. That is not bad, because one book led to another. But now I clearly see that most books, although they speak about the necessity of positive thinking, do not explain at all how to get to that point. If a negative thought comes along, they explain, simply replace with a positive one. Sure, but how? Nobody explains that. It is only *Geometry* that explains how to do it, but also provides answers why it didn't work so far. After all, it is quite normal that a negative mind cannot think positively for a long time. Negative energy has to be stopped first.

Now, when I know why and how I can do it and want to do it, I have to fight the windmills. I have in mind the stubborn parasites that do not understand and don't want to back off.

Is there an even stronger way of telling them that we are not "freely available"? The merry magic certainly helps, but what if you must do it every half an hour?! Is it possible that negative guys attack even more when they sense that we are getting stronger?

August 8, 2008 19:55:35 |[Renchi]

Dalibor is right, this is a struggle within us. Boys sometimes get the message sooner than us girls. I would like a faster solution but you can't do it overnight. All that's left is work, work and work and again work. Even if more often than every half an hour.

August 9, 2008 11:08:31 |[Renchi]

Yesterday I read earlier posts (I also read them before, but I didn't look at the comments of the readers). This time I looked at them too and found many Serena's answers regarding the topic discussed over the past days. The posts (and the comments) refer to the period between June 2007 and October 2007. There are fantastic questions and answers, so read them. I was only

shocked by the negative comments of some “intruders”, who have nothing to do with this blog and give everybody a bad time. They remind me of fanatics who stubbornly stick to some set patterns, and nothing else is good for them. However, and this is a great thing, the current readers appear to be on the same wavelength and looking forward to progress.

August 9, 2008 12:59:00 |[Renchi]

That’s it, Serena! The new post is excellent, I was really glad when I saw it a minute ago. I don’t need a teacher and don’t consider myself a follower because for the first time I see and understand that I must and can do it alone. I was always suspicious when I read stories about healers claiming that we can’t solve our problems alone, supposedly because we don’t have the divine gift. Come on! Nobody can do our work for us, because in that case somebody else would be resolving our problems. Who knows how long I would have wondered in the maze of all kinds of techniques if I hadn’t run into *Geometry*. You have shared your research work with us (there are also people who selfishly keep such things to themselves), and that is sufficient. Now that we have a tool in our hand everything depends only on us.

August 13, 2008 16:38:07 |[Renchi]

I also think that we get quite a confusion when we try to interpret who is vampiring whom, who is active and who is passive. I prefer doing the merry magic and the black sheet on myself and, without fail, on others as well. When I look at myself and my mother-in-law, we never behaved the same way toward our husbands. She pretended total submissiveness in front of others, and criticized and maligned him before the children. On the other hand, I always looked to a correct relationship and equality with my husband. My mom had an authoritarian relationship with dad. Enough to drive you mad. I think I will stick to the merry magic and leave the rest in peace.

When I mentioned a correct relationship, I mean I tell my husband what I think, and he behaves the same way (for example, you can’t forbid me to have coffee with my colleague because that is normal). His mother cried all her life that her husband did not permit her anything, and she took no steps to improve her situation. She spoke evil of him to others, but didn’t tell him anything. My mom treated dad as if she were his mom and not his wife (did you poop, did you pee, are you hungry, are you thirsty, are you tired). My marriage broke up because I could not stand the presence of my mother-in-law and my sister-in-law – they lived with us, went on vacation every year with us, ate with us, and even went visiting with us, 365 days a year.

August 13, 2008 20:05:50 |[Renchi]

I have a question, Serena: Is it normal, while I’m doing the merry magic, to feel mild changes in that part of the body – such as warmth, the feeling of pleasure and the feeling that the part is more alive than otherwise? This sensation lasts as long as I’m spinning a chakra and stops when I stop working on that chakra. When can I try to apply the geometry at the end of the book? Is it early for that?

August 14, 2008 17:07:00 | mindpositive

You are right, Renchi – the “black sheet”, then spin your chakras and carry on.

You did give me a nice analysis. Along with everything I already told Nataly, your analysis shows that both your mom and your mother-in-law are nasty vampires. You have moved away and advanced at the mental level as a new and more educated generation. In energy terms, you have probably remained at the same level as the two women. That has happened to many of us, because we didn’t know anything about energy until *Geometry…* (neither did I), and we did what we could with the knowledge we had at the time.

The first description of your marriage you gave me in you early comments also gave me the

material for the conclusion that you were an active vampire in YOUR MARRIAGE (everything went downhill after divorce because you were left without your husband's energy). However, your later description of the behavior of your former husband clearly shows that he vampired you (possessiveness, aggressiveness, manipulation, lies). Moreover, it is quite certain that your mother-in-law and your sister-in-law also vampired you because they were with you and your husband all the time. You were undoubtedly an energy victim. That's the catch – when we begin to feel the difference between positive and negative energy, we need to understand who is vampiring us and whom we vampire.

When we arrive at a point where nobody is vampiring us, we are already fairly old, and then we are true active vampires, and no longer have any chance to change or understand anything in our life. Then we just grab and grab energy, the pressure grows, the whole world is no good...

But, let me repeat, these are my hints for your consideration. In concrete cases I can't claim that I am right (for example, the case of your former husband and of who is vampiring whom in you relationship), because I don't have enough data about the relationships and even less about energy. Therefore, it would be meaningless of my part to diagnose who vampires whom in your life. That is your job, and I am only highlighting the way to understand all this, the patterns and the ways to apply them in these interpretations.

The description of the sense of pleasure when we spin chakras clockwise seems to confirm that you are doing this properly. Nevertheless, as a check always watch how your children behave in that moment. If they are in a good mood and constructive, you are producing positive energy. If they are whimpering and unreasonable, that is always a sign that there is negative energy in the air.

You will apply the geometry at the end of the book when you feel the impulse. Positive frequency rises faster, but suppressed negative energies are also released more quickly. Altogether, we grow and progress more quickly, but on some days this can be tiring. Everything else just as so far, but faster.

August 14, 2008 17:41:23 |[Renchi]

Dear Serena, thank you ever so much for the answer! I am noticing changes in my children, but in a positive sense: they are more cheerful and in a better mood and the longstanding health problems of my son are now smaller (even the doctors are surprised). Nevertheless, I don't like to make any premature conclusions. As regards the vampire analysis, I think that everything is possible and I do not reject any possibility. There is only one point which is not clear to me: shouldn't the husband's family vampire him rather than me? I don't understand many things. When I wrote that I'd had a hard time after the divorce, I had in mind the divorce he didn't want to grant me for two years. He dragged me in courts, requested expert evaluations (which showed that he had mental problems, for which he is now being treated). He didn't want to pay alimony for the children, he threatened to kill me, and even tried to do that. During these two years (a few months ago the divorce finally came through) I was terribly afraid of his behavior, and that had an effect on other areas of my life, business most of all. Now, the question of who was the vampire, him or me, is maybe not so essential with the merry magic and the black sheet. I can't suggest anything to him because he doesn't even try to discuss the point. But I keep doing that because it helps me, and if it helps him too, so much the better. PS: all of a sudden the internet is full of blogs about the clockwise spinning of chakras. How come? Where were they before?

August 14, 2008 18:00:42 | mindpositive

Renchi, I confirm that I am really giving HINTS for YOUR consideration. And you are doing

that well.
After you added more details about your marriage and relationship, the picture is different. If your husband stubbornly refused to grant you a divorce, this is probably one of those cases where the man vampires in the marriage (because he is thoroughly vampired by his folks, that is, by his mother and sister), and this is confirmed by all the details you mentioned. As I said a number of times, these are men to whom the mom is everything, and the family just an accidental phenomenon – an important one, to be sure, because he can drain their energy and give it to his mom (and his sister).
A vampire in a RELATIONSHIP usually doesn't want to let the victim go, i.e. doesn't want to break the relationship.

August 16, 2008 11:53:51 |[Renchi]

For two days I have a problem with the merry magic. I'm not very concerned because the problem has been discussed on this blog, and now it seems it's happening with me as well. I find it more difficult to concentrate on chakra spinning, so I slowed down a little, but I frequently do the black sheet on myself and some other people. I get tired and feel pressure at the back of my head, which is not relieved quickly by spinning the auxiliary chakra. I also feel physical and mental fatigue. As I have seen during these two days, these disturbances always occur at the same time during the day (late in the morning, then during lunch and again late in the evening). Does anyone have such an experience and how do you solve the problem? I know I read something about that in the posts and last night I tried to find the respective comments for a long time. However, in this condition I didn't succeed although I searched through the comments until 2 a.m.

August 16, 2008 20:35:48 |[Renchi]

I agree that we must regress if we don't progress. We must grow as we mature. This article is a true blessing because the topic has occupied my attention for the past two days. I started to do geometry from the end of the book, and then some kind of misery got hold of me and I didn't know what to do. I even stopped spinning and only spread sheets. Now I know that a lot of negative material is gushing out of me, and that is not pleasant (I got a little scared, is there so much trash in me?), but I must carry on. Tonight I nevertheless succeeded and got the chakras spinning (what a relief!). Somehow the procedure is not O.K. without chakra spinning, although I do not underestimate the effect of the black sheet.

August 18, 2008 20:15:11 |[Renchi]

Before I used to suffer from palpitations (I could literally hear my heart in my throat), also connected with a feeling of fear as a reaction to situations in which I had to face extremely unpleasant things, although I would have preferred to run away head over heels (and couldn't). This occurs less frequently since I've started doing the geometry.

September 24, 2008 15:57:02 |[Renchi]

Hello, positive people! In the past three months my ten year old son has been healthier than ever before. He's allergic to quite a few things, he has been diagnosed with asthma, and suffers all the time from colds and inflammations. All of a sudden asthma has disappeared – the doctor said that it wasn't asthma after all. The AST tests we do once a month dropped from 1800 to 400?!! In order to cut a long story short my child is getting better and everybody is amazed, especially the doctors. There have also been changes with my little daughter and me, but also with our pets: our parakeets keep uttering sounds all the time. We have had them for two years but they were silent and I even thought they were mute.

Our stunted house plants recovered, the violets bloomed for the first time after two years, and everything else grows like mad and I shall have to buy new pots. I am aware that this is not just a miracle as my mom says, but the result of persistent work, even if only for a couple of months. It is not a placebo effect either because it would be present only in me, and it is the most pronounced in my children who know nothing about my energy work. Nevertheless, I would like to know whether I could do still better because my former husband is a major vampire, and so is his entire clan.

September 24, 2008 21:20:53 | mindpositive

These are splendid news about your family, Renchi.

The doctor probably said that your son never had asthma proper because asthma is reportedly incurable, and he had probably never seen such progress in his life, especially in such a short time. So he could only doubt the initial diagnosis. But he had no justification to do so because he had clear monthly AST findings for a longer time, with values characteristic of asthma.

Just carry on.

This has really made you happy.

September 25, 2008 10:35:19 | mindpositive

Renchi, tell us, like Jaja, how you are doing the "black sheet", the "merry magic" and the "acceleration" and how much. Tell us also about the changes you have introduced in your relationships with your family, with your friends...

September 25, 2008 22:06:32 |[Renchi]

While I was reading Jaja's recent comments, I couldn't but notice the great similarities in our way of thinking and practicing of the merry magic. I also start the day with the merry magic and spinning. I set my alarm clock one hour earlier so as to have time before the start of the daily rush for this important step; if I miss the morning, I find it more difficult to catch up with the rhythm later on. During the day I have kept spinning chakras about twenty times a day, sometimes even more, for two months. I also started to apply the geometry on the last page at the same time. The article on acceleration was published at about the same time, so I also included that into my everyday efforts.

Initially accelerations only made me tired and sleepy, but such symptoms disappeared very soon because I obviously got used to the technique and expelled a higher quantity of negative energy from my body. All the time I also followed what was happening with the children. Had I noticed any adverse side effects, I would have reported them or consulted you, Serena, but the changes were only for the better. Moreover, in the evening I go to bed with the black sheet, then obligatorily the sword, the tying of threads, and then the complete spin of all chakras. One and a half hours every evening. I also include the auxiliary chakras.

I don't know whether somebody will find it too much, but I have also understood this as the task of my life (I'm courting Jaja's beautiful comments with which I fully agree). During the night I still have to wake up one more time: for years I used devour biscuits and sweets, and destroyed my figure, but now I do the black sheet and the merry magic, fall asleep again, and get up easily and normally in the morning. I have spontaneously returned to my earlier 121 pounds without any diet or starving. I am motivated mostly by the health of my children, especially my son because he is the most serious case. There are more drugs in that child than any adult will take during his life. Now I know how poor were his chances before this.

My son has now been off therapy for about two months. Now, when he takes no medication, the result of his tests are much better compared to those while on therapy. Mothers who have had the AST of their children tested know that the range of reference values is 0 – 200. Anything in excess indicates a severe inflammatory process. And he had 1860. In the past two months these values dropped to about 400 without any special antibiotics. The inflammation is still present, but it is reduced, so much that the doctors ask me: What have you been giving him, madam? I don't say anything, I couldn't possibly discuss the situation with the doctor, but my heart sings with joy. I have no doubts about what I am doing. I will keep doing this, not for years but probably until I retire, and even then.

I forgot to add another observation: the more I spin chakras, the less I need the black sheet. When I am at peace I don't have to use the black sheet. And when I spin frequently I become less accessible to negative energy and tiresome people, and the same applies to my kids.

September 26, 2008 8:27:22 |[Jaja]

I have just read Renchi's story and it is obvious how similar we are. Good work, Renchi! In fact I can conclude that we are doing the very same thing, but now I also clearly know the reason. I think there are no dilemmas when you have big problems in your life, and especially when the health of your children is involved. My child almost died because of huge negative energy. I wish I had discovered this a month earlier, but, thank God, the situation is not worse. This is why we need to do the merry magic as much as possible because that is the only way to get out of trouble. Over the past two days I am not choking so terribly, I feel less the influence of negative energy, I keep working all day long, but I have no illusions... I keep spinning in order to avoid surprises, I am careful because I know how badly I feel when they get on my back.

73.

Monday, September 29, 2008

"Abolished" diagnosis of asthma

In the past three months my ten year old son has been healthier than ever before. He's allergic to quite a few things, he has been diagnosed with asthma, and suffers all the time from colds and inflammations. All of a sudden asthma has disappeared – the doctor said that it wasn't asthma after all. The AST tests we do once a month dropped from 1800 to 400?!!

That's what Renchi says in her latest comment. I am quoting only the first three sentences, but you should carefully read the whole comment. Jaja and Renchi have resolutely and efficiently "broken the sound barrier" and soon achieved very significant results in their families, most of all with their children. They still have a lot of work in store, but now they have a different motivation, a different conviction,

as compared with the situation when they started doing “merry magic” only three months ago. In the beginning they both had a very difficult family situation. Jaja had to look after quite a few very nasty and very sick old people, a severely injured and depressed younger son. Renchi had no partner and no support; actually she was terribly afraid from her former husband who eventually had to undergo psychotherapeutic treatment by decision of the court. This clearly shows the gravity of the situation from which Renchi had to tear herself away.

In spite of all this, their experiences clearly show that progress can be achieved, even very quickly, in a really short period of several months. It definitely can.

With a lot of work.

People with a less difficult family situation, fewer problems, possibly an energy ally, or even allies, will be able to reduce their energy work.

Yet, forget about less work and irregularity when you deal with energy, even if you prosper, if you want to go on prospering. We don’t have to think that we have to work our head off for every success in life. But energy requires care, regularity and insight.
Every hour!!!!!

See how Jaja and Renchi did it!

Stay alive and kicking!.

October 2, 2008 16:53:09 |[Renchi]
I am not pretending to be smart, Nataly, and our situations are different, but I deal with similar problems (especially when I spend a couple of days with my mom who lives with my sister and my sister’s husband, and with my second sister and her husband – a houseful of people) by putting the black sheet on all of them and on myself, several times, until I’m sure that I have brushed them off. Then I spin all the chakras. Otherwise, if I wait for them to go out, or if I go out, I loose time and spin too little by day. While I spin, nobody pesters me. After an hour I repeat all that and thus establish continuity.

74.
Saturday, October 1, 2008
Renchie and the task of her life

October 26, 2008 21:47:50 |[Renchi]

This is what I noticed in my children: my son, although a top grade student for four years, has always been inert with his school assignments, he did not feel like doing anything, he was apathetic... My daughter didn't want to put away her toys, she just refused to do it. My former husband was terribly angry, especially at my son, he called him an incapable idiot, and my mother-in-law poured extra oil on the fire with her malicious comments. We all, without any exception, stole the energy of our children. Ever since I started to do merry magic, matters have changed. The son is learning, does not ask for help when he has to write essays or solve problems. Nobody has to force him. He completes his school assignments cheerfully, notices his progress and so do his teachers. My daughter puts away her toys, and arranges her clothing. For some time now she has also been offering to help me with household chores, and the kid is only six! Positive energy creates miracles. Shouting, noise, punishment are unnecessary and inefficient. We are just at the beginning, and we have achieved so much in such a short time. Energy work produces visible progress the fastest and the most adequate way.

October 26, 2008 21:47:50 |[Renchi]

This morning I was reading some old comments starting from July when I joined in. I felt stupid with my beginner's elation, but we all joined up in the same mood, happy and enthusiastic with our first results and convinced that we had touched the stars.

Work came later.

Now, after five months of doing the "magic", I clearly see the difference between the beginning and the current situation. I felt no obligations in the beginning, and now this means work almost 24 hours a day (because there is still night work, too).

There are still difficulties, but I prevail over each of them and get stronger. I solve all the negative problems emerging from me, they pass, they leave, new ones come, and I am ready for them.

Today we received new AST results for my son, even better than those lat month, and he's still off drugs. This is a reason for faith and proof that this functions.

And those who ask us how we succeed, and ask for the book, but then keep it on the shelf without reading it (I am talking about my acquaintances) can only blame themselves because it is obvious that they don't want to invest even a minimum effort. Today I "wrenched" the book from such a person, without much ado. She didn't open it after more than two months, and didn't intend to. Then get back here. Hi everybody, and don't give up.

Renchi is our point of reference.

We have been talking a lot about problems in activating positive energy because we want to solve them.

We highlight good results because they tell us that we can do it. That we know the goal to which we tend, and follow the "style of operation". And Renchi's "style" is EXACTLY ACCORDING TO *GEOMETRY*.

Renchi does it as a soldier, and applies the techniques exactly as they are described

in the book. In the army they call it “service regulations”.

And, what do you know, the result is also exactly according to the book.

Difficult, but successful.

But with such results who cares for difficulties.

Whoever takes up positive energy as the “task of one’s life”, to quote Renchie’s and Jaja’s slogan, can only succeed. There is no other outcome.

Some people mess about energy offhandedly and wonder when there are no results. And the first thing that comes to their mind is that the technique and the whole idea are not good.

But we also take care of such difficulties, which are not unexpected considering the degree of negativity which affected us and which affects everybody around us.

Just be persistent and smart in your energy work, and you will master all obstacles.

Because the basic law about positive energy tells us that it CREATES. It creates love. It creates good things. Therefore, keep activating it. Always anew, every hour, until all the atoms of your body remember it.

Stay alive and kicking!.

November 4, 2008 21:25:16 |[Renchi]

My computer was down for a few days, so I read the new post and the comments just a while ago. I am glad to see the obvious success of the people involved and welcome new commentators. Today I took my son to the doctor for a check-up, and he got an “honorable discharge for an indefinite time”. In other words, he no longer needs regular check-ups but just as required. I could have hugged the doctor when she said: “He doesn’t need me any more”. I used the opportunity to ask her for her opinion regarding my child’s increasingly better results; she only stuttered and, quite confused, just said: “Well, sometimes it happens like that”.

Sometimes there are no rational answers, especially in allopathic medicine. I was so glad. As regards progress in other areas (other than health) things are improving for me and for my children in all spheres. Money included. As a matter of fact, I think that is the only possible outcome. The result must be balanced, otherwise it doesn’t work. You must satisfy all the aspects of yourself. However, I think the Globetrotter is wrong when she says that we, people with children, have no other aspirations. Of course, our children are extremely important for us or, as she says, the center of the world. But we certainly have other interests as well. Interests very

similar to hers. Obviously, positive energy also operates in that direction, but not overnight.
The situation with Lioness (part-time job) is a clear indicator of the effect of positive energy on that aspect of life, and she doesn't have to work like mad, that is, spend much more time. P.S. The slogan "the task of my life" is originally Jaja's, but I liked it right away.

75.

Thursday, November 6, 2008

Crisis and progress

And so Renchi cured her ten year old son of asthma in five months – with positive energy. Of asthma, the unpleasant and not at all innocuous disease, the cause of which is unknown to medicine and which is considered to be incurable. Her son's doctor didn't know what to say and just concluded "the asthma is gone". Six months ago Renchi wouldn't have dreamed of it. This is how positive energy produces an optimistic, fast and successful result in CHILDREN.

But we, ADULTS, have packed all kinds of things into our live flesh, into our bones, into many atoms and molecules. We need much more time to reach total health. We have also packed all kinds of things into our subconscious, wrong attitudes, wrong thoughts, wrong emotions. This also requires a lot of work, and it is associated with every physical cramp or complaint.

We have negativities in ourselves which can be treated easier and faster, and an occasional stubborn one. If we have been diagnosed with a disease, such a complaint is also the toughest in energy terms. But there are others that have not yet manifested themselves as an illness, not even as a more frequent pain. And then one day you discover them, one day after you have started activating positive energy. Then you remember that a long time ago, when you were young, or even a child, had a problem on that spot, a pain/sickness, but you totally forgot about it. And when that pain returns under positive energy, the memory of it also returns somewhat later.

When such a severe complaint, known or unknown, "surfaces" during our energy work, you can't stop negative energy. It provokes local pain, and even later on gets hold of your entire body and your mind. Often with shivering in the beginning, then with a slight fever or at least a feeling of warmth, with fairly severe pain, sometimes at the tolerance threshold. This may last several hours and then we usually fall asleep. The next morning we are more or less healthy, the pain is gone, we only feel

light fatigue. The day after that we feel as if nothing had happened. It seems that we must experience crisis, live that pain. Of course, in such cases we must do the "black sheet"/the "press" more often. (Note: later on I discovered that it is advisable, in such difficult situations, take an aspirin, even better an aspirin with vitamin C, one is enough.)

I think that this "procedure" also covers those initial "colds" and "flues" which you experience soon after you've started doing the merry magic. Afterwards you no longer have any colds, not even during the "season" for such troubles, but you must still resolve the other enigmas.

When the worst crisis is over, then you have to spin the auxiliary chakra as long and as often as possible on the painful spot, because that is quantum treatment. (Why quantum? Because you are spinning the energy in the totally opposite direction as compared with the previous direction, you are deliberately spinning it clockwise. This certainly affects the direction of the spin of all subatomic particles in the atoms of your body. Some day we shall demonstrate this with a device.)

For a time it will appear that we have dealt with a painful spot, but the same thing will happen again, this time with a more tolerable intensity. This may last even several years, with crises two or three times a year (maybe even more frequently). Therefore, nothing particularly terrible, but it is good to know that we need not worry when this pain occurs on the same site with intervals, to know that we resolve it all the time with auxiliary chakra and live to see the day when it is gone.

There is another case when it is almost impossible to stop negative energy, and it is more directly associated in the family environment. If there is any severely ill person in the family, and especially if a chronic illness is involved, this is energy-wise a very nasty situation. The "black sheet" hardly manages to "extinguish" everything. Tiresome, terribly tiresome. (The "press" is much more efficient, but even then you have to press every hour, and even more often when very serious diseases are concerned.)

But, if somebody is terminally ill, and this lasts several months, the family finds it hard to tolerate the situation, but such things happen. They all know that the person will die, hope that he/she will not, and fear (negative energy) grows exponentially. This is mainly the case with terminal cancer patients. The fear of the ill person is immense, but the fear of the people around him/her is even greater. This is unbearable for us because of our sensitivity to energy which we have developed after we'd started positive energy. Over these few months, which is the usual

duration of such a situation, several members of the family, especially small children fall ill (but not severely). This shows the power of negative energy (fear).

The “black sheet” also helps in such cases, and we, the positive ones, do not fall ill (if we are at a higher frequency), but all this can require a lot of effort.

When the person who is destined to die eventually leaves this world, the family immediately feels immense energy relief. Although everybody is sad and although they should pretend to be sad at least then, everybody is relieved. The truly bereaved mourn intensively for several months and “flood” all the people around themselves with their sorrow (negative energy). Nevertheless, in energy terms this is a much easier situation than the one before that. And, after some time everything calms down.

On the other hand, people who die suddenly without being ill, are happy, and so are all the people around them. The result is the same – death, but there are no months of futile hope, suffering during therapy and general fear of death and loss of a close person. Then fear really grows exponentially.

Now let us return to the beginning: when you are faced with the first case (pain in old and new sites) don’t conclude despondently that you did not succeed with the “black sheet” (assuming that you are using it regularly on all the people in your immediate environment every hour or two). Instead, follow the case, notice whether this will be repeated, note the person and everything associated with the situation, and carry on. And when the pain is gone, enjoy the improvement with relief because you are on the good road to solve a concealed vicious thing which could one day erupt as your disease or the disease of your child, and you have taken PREVENTIVE action. The dream of every good doctor – prevention is better than cure.

Stay alive and kicking!.

P.S. The new readers of this blog should certainly read the posts entitled “How pain occurs” (1 and 2) because then they will understand today’s topic much better.

November 7, 2008 16:34:03 |[Renchi]

Serena, I need your help regarding frequency measurements. I found that post of July 2007 when Spark asked about it. But I don’t know how to count by hundreds, and then, when you reach 1000, by 200. Can you explain this better? So far I have been counting normally, but the thing becomes tiring as the figures increase. I would also like to get a proper pendulum (I use a

pendulum I made myself). A shop downtown sells ISIS and KARNAK pendulums of very different dimensions. Is that essential or is any pendulum OK?

November 7, 2008 17:45:52 | mindpositive

These pendulums are all good, Renchi. Choose the one you prefer. Rather take the smaller or the smallest one.

If you count by 1, even if it only to 100, you will never get anywhere. Especially if you are dealing with millions, billions or 10^9, then it would be really stupid to count by 1. You just increase the scale. If your frequency is at 1000, count by 100, 200... When your frequency is 100 million, count by millions (10 million, 20 million...), that will be accurate enough... (Note: there is a chapter on the use of the pendulum at the end of the book.)

November 16, 2008 21:51:45 |[Renchi]

Until recently my son suffered from headaches, and I found that very strange even before *Geometry*. Although I was totally negative, I could not understand why a small kid should have headaches which were so severe that he had to lie down. My daughter also began to suffer from headaches although she is still younger. However, their father suffered from such headaches all his life, and so did his mother and sister. They claimed that it was hereditary, and that was to be an explanation why the children also suffered from the same complaint! I also accepted that explanation until the application of *Geometry* – with a question mark, of course. Headaches have not returned for quite a long time. In order to check the situation I sometimes ask my son whether he feels any pain, but he apparently considers this new condition so normal that he is even surprised by such a question.

As a matter of fact, this new condition slowly develops into his new reality in which he considers himself a healthy person. Serena, I wanted to ask another question related to changes of the brain. A year ago I fainted in the bathroom because of a defective water heater which leaked gas, and I have ever since been medically monitored. There is one more reason for that, that is, my younger sister suffers from epilepsy so that the doctor did extensive tests in order to check the possible existence of the same disease in my case. The trouble was that every EEG showed diffused changes, and that supported the diagnosis of epilepsy. The first EEG after I started the merry magic (six months ago) was better than the preceding ones, and the latest EEG, in late October, was completely OK. Then it was finally concluded that I did not have epilepsy.

Therefore, the water heater was found to be the obvious cause after five months. However, I would like to know why the earlier findings were bad – that is, was only the water heater "guilty" or did negativity affect and even change the picture of the brain? Meanwhile I've taken no medication that could bring about such a good health picture. In this period I only practiced intensively the merry magic.

November 18, 2008 12:39:51 | mindpositive

Renchi, the way you described your suspicion regarding possible epilepsy, I would say that you really started to "acquire" it because of negative energy, and that the gas incident was not too significant. After all, your sister also has epilepsy. This means that the negative energy of your family is "bashing" you and so is the negative energy of the other side, the family of your former husband.

As regards epilepsy, I have another confirmation regarding improvement of the condition in a girl, sixteen years old, whose mother has been doing the merry magic for several years. Her situation has improved so much that the dose of the medicine she was taking was halved. But the

diagnosis is still there, the situation is complicated and I think that the doctor does not dare to believe that the situation has improved so much. The girl's mood has improved and her school grades are better. And she has no seizures any more (in spite of medication, she had quite a few seizures before, and even once ended up in a coma...). Generally – a considerable improvement.
Certainly, the number of cases is not sufficient for a decided conclusion, but it is sufficiently indicative, because it fits into my theory and I can therefore continue to assume that epilepsy is called by negative energy and cured by positive energy.
We shall hear in time about new experience on the subject.

November 18, 2008 14:37:54 |[Renchi]

Serena, there were diagnoses galore, but who would have thought that the problem would be resolved so quickly. UNBELIEVABLE!!!! What would have happened with us without the merry magic? We are not only healthier but also more creative, we create at every level. As somebody said: "Every day, in every way, I'm getting better and better". Long live the merry magic!

November 30, 2008 13:41:23 |[Renchi]

Here are some news and some questions. The situation is still progressing in the positive direction regarding health, money and, indeed, the intellectual capacity, both mine and my children's. Almost overnight, my daughter learned to count to fairly high numbers (she surprised me because she had just turned six), and when I asked her "how come", she just said: "I just learned it myself!" The practice of merry magic in our family will soon be in its seventh month (to be precise, I am the only one who does it), and I have been noticing certain changes. That is, I am no longer besieged so much by vampiring of other people. It seems that my most stubborn pains in the ass have finally received the message: "Leave me alone!" I still use the black sheet – this goes without saying – but much less.
Sometimes nobody jumps us even for five to six hours in a run but I am still careful because I know how terrible it is when they attack us. I also enjoy the new situation as another success. Are we possibly entering a calmer phase? The merry magic works full-time, now I am less disturbed by others, and spinning chakra has become sheer pleasure. As far as I am concerned, I manage to complete all assignments. Of course, I am not Superman and I just do as much as I need. This is exactly what the book says – through persistent work we shall always have as much energy as we need, no more and no less. Having too much would mean that we still grab energy from others, and we have consciously decided to discontinue such practices. Thus, I know from my own example what it means to manage energy supplies which I have produced myself: this is very, very much better, nicer and livelier than the former misery.

December 1, 2008 17:31:12 | mindpositive

Have you noticed that Renchi has more success and fewer problems than people with older children? But that is a fact, although Renchi progressed to the positive sphere from a very difficult family and health situation.
Renchi's small children are not in any energy opposition, and that is the reason. They follow Renchi's energy spontaneously although they had been accustomed to negative energy. But they are small and change more easily for the better, they are still under their mother's wing.
Older children have developed their own character, they are already used to oppose and resist their parents (which they had to do before, but now, already formed negatively, they do not notice that the situation has changed). They already have partners and friends with whom they are involved in negative dramas and games.

A middle aged parent (especially if the partner does not cooperate in energy work) finds it difficult to establish order because even a newly fledged positive person suffers from his own damage (pain and disease) due to negative energy.
But there is no other way than positive energy.
Be wise and turn them into allies by a "formula" which you will invent just for your wiseacre. Just as Tonka said – they are adults, let them assume responsibility – and pushed a copy of *Geometry* into their hands...

December 15, 2008 17:41:12 |[Renchi]

I have a question, Serena. I am sure you have already considered this, and I would like to know whether you know anything about it. Why are some people poor and others rich? Can this also be related to positive or negative energy? I am on a track to an answer, but I would like to hear your opinion. That is, if people are lazy and apathetic because they have no energy, does this also refer to people chronically out of money (let us forget the situation in the country because in spite of it some people have more than enough)? In other words are they out of money because they lack energy?
Another question: many books discuss the theory that our thoughts create our environment. Can this fit into the first question: some people are poor because of their way of thinking (worries, fears etc.)? Let us discuss this a little, please, because I am very interested in the links connecting all that.

December 16, 2008 15:14:14 | mindpositive

Renchi, Darac and Max have generally said everything that needs to be said with regard to material welfare. Personal experience tells me that people resolve issues related to business and money the fastest way when they activate positive energy.
I am not talking about wealth but about decent, normal living conditions.
Nevertheless, even in this sphere a WRONG THOUGHT can create insurmountable barriers. If you are convinced that everything "material" is damned, that spiritual people need not be concerned with that, that you have bad luck, that you lack capacity, that all the bosses are scum, etc. ... such a negative thought will block the positive energy which could help you to deal with the problem.
Everybody ought to have a decent roof over his head, a decent income, a life without worrying about bills, a pleasant job, and spend no more than he earns. That is normal and natural. If you are convinced that this is so, with POSITIVE ENERGY you will soon live such a life unless you already are.
If that is not the case and you have been activating positive energy for more than two months, you certainly have one of the mentioned negative attitudes entrenched in your mind; moreover, and that is crucial, you are not doing the "merry magic" to a sufficient extent. Detect such an unproductive, limiting attitude, discuss the matter with yourself and then watch what is happening.
Why do so many people die or suffer from starvation and poverty, where is justice...?
Because the planet Earth as a whole is threatened by negative energy according to scientist James Lovelock. The Earth is feverish like a patient with more than 104 F. Poverty is also probably related with personal karma; however, all I know about karma is described in books, and like you I don't know anything else and cannot add anything.
Why do good and nice people find it so difficult to make both ends meet?
Because, in spite of their goodness (which is very questionable and controversial; I wrote about

that in the book), they are overwhelmed by negative energy and lack the strength and concentration to do their job properly. Their bosses usually don't like them because they probably try to steal the energy of their superiors (and vice versa); for the same reason they fail at job interviews. Their head is probably full of negative attitudes about material goods which I mentioned. Eventually they end up with no money to pay the power bill.
In most cases people seized by negative energy spend more than they have (WHATEVER THEIR ASSETS), and that is another but fairly frequent reason why people "have no money".

December 23, 2008 20:49:15 |[Renchi]

My question is related to mental and physical symptoms. A certain person tries to drain me, and I first feel that as strong pressure at the back of my head (Panther described something similar, but in her case it was pain in the "third eye"). I always successfully stop that by putting the black sheet on the person, but I generally have to repeat the operation two to three times. After the black sheet pain disappears completely. Does she nevertheless succeed in vampiring me in such a case, or do I repel the attack with the black sheet?

December 23, 2008 22:23:30 | mindpositive

The essential thing, Renchi, is to stop the attack by using the "black sheet" (the "press"), even if you have to do it three times. You will know that you have stopped it when the pain on that spot disappears. There is no dilemma about it and I see that you are doing everything properly.

When they attack us, they always grab some energy (sometimes even a substantial amount of energy), because sometimes even an hour or more can pass before you feel the attack and respond with the "black sheet". You often fail to notice the well known discomfort when somebody vampires you, but you start to put on extra clothing because you feel cold. But if you are reading or doing something, you don't catch on (that is, don't see that somebody is vampiring you, and that's why you feel cold). You only use the "black sheet" after you have started sneezing or felt pain. By that time they have stolen a considerable amount of energy, but that's the way the cookie crumbles.
And now you have a touch-and-go situation. As long as your invader gets your energy, he finds his attacks attractive. The less he gets, the less he tries, and at the same time you annul the common frequency and change the behavior to that person. All this produces results and after some time that person will stop vampiring you.

As you embark on your positive trip, you will notice that you get angry when you record a theft. Don't conceal this anger from yourself. It disappears anyway after the "black sheet" because the reason for anger is also gone. Later on, after an indefinite number of months, you will no longer feel any anger in such a situation. That is a good sign. Therefore, this is a brief answer to your question: the person attacking you does vampire you during the energy attack which you stop with the "black sheet" (but incredibly less thanks to your response with the "black sheet"). So you repel the attack and stop foul work.

December 8, 2008 14:00:47 |[Renchi]

This is an excellent post, and I would like to add a comment regarding the topic under consideration. Recently I broke a long standing friendship. In fact it was a terrible burden, but I didn't know that and could not get rid of it (I was afraid I would hurt the person, leave her without company, leave her miserable and alone). That was my thinking in my negative phase before *Geometry*. Then I started doing the merry magic, and our relationship even improved, but

for a short time. Today I see that the “improvement” was due to the fact that the person felt a positive breath, and that made me an even more attractive company for countless coffees. After that, as I did the merry magic longer and more persistently, that person also got on the list of candidates for the black sheet. I was surprised how quickly that relationship fell apart after I had been covering the person regularly with the black sheet. I found the strength to tell her some things I wouldn’t have dreamed of before. I don’t miss that friendship, and when I remember that friend I immediately resort to the black sheet because I know what will happen. Recently Serena said in a post something like this: YOU WILL NOT BE ABLE TO HOLD OUT FOR LONG IN THIS NEGATIVE ENVIRONMENT. If we cannot deal with such bad relationships, positive energy will deal with them for us (when I say “us”, I have in mind the people that spin their chakras), and such relationships will break sooner or later.

January 6, 2009 23:59:40 |[Renchi]

I haven’t been following the blog for several days, and I see that there are quite a few very interesting new comments. As regards colds, since June (that is when I started doing merry magic) neither the children nor myself have had any cold. We spent vacations with my family (mom, sis, my sister’s husband and their little girl). They were all dreadfully sick: sore throat, running nose, clogged nose, intestinal virosis with diarrhea – in a word, disaster. We spent ten days with them, and considering the circumstances the hosts forecasted that the three of us would also fall ill. However, only my children and me were healthy in a whole team.

Interestingly, the children spent a lot of time outdoors; earlier I did not let them stay out because I was afraid of colds and viroses, although that didn’t help much. Since they are no longer “under a glass bell”, and since I started doing the merry magic, their health has never been better. Indeed, we were the only people around without any cold symptoms, even if we were surrounded by six people. Of course, considering the number of people (moreover, they also had many visitors coming in, almost all with some ailment), I could not do without the black sheet, I even had to step up the rate, with two hours of acceleration every evening (that is something I really enjoy). Another interesting detail: all these people, “very sick” and nervous because of their running noses, considered that their condition was quite normal (how to be healthy, they said, with all the sick people around you) and kept wondering why my children and me were healthy (“you must be taking tons of vitamins”). When I give all this a second thought, the three of us must have looked strange to the others because their thinking was based on pure negativism. Our work was certainly effective. I shall continue to monitor this interesting situation.

January 7, 2009 14:56:14 |[Renchi]

It’s so nice, Lioness, to see that other people also enjoy acceleration. I look forward to hearing more and more people doing it. If anyone had told me a year ago that I would spin something in the evening, I would have told him he was crazy. Before I mainly sat in front of the TV with my eyes wide open and watched crime series, three or four, one after another, and I did not feel great. Even now I sometimes watch TV, but not as fatalistically as before. And the evening spin gives me the greatest pleasure because it is more relaxed and better than the daily one. I could not fall asleep without it. I no longer wake up at 2 or 4 a.m., I sleep all night through and so do the children (they also used to wake up at night). I believe that this is also a sign of reduced nocturnal vampiring.

January 7, 2009 15:03:54 |[Renchi]

I had a coated tongue for several years and could not get rid of that, and now the tongue is clean. I noticed that two weeks ago (this may have occurred earlier, but I did not pay any attention). I

felt awful because of that discomfort, I am a smoker and I don't know whether this has an effect, but I have not stopped smoking. A year ago I read a book by Deepak Chopra in which he mentions the coated tongue as a very dangerous symptom of negative energy and recommends a diet to prevent it. He calls the coated tongue "Apa". I must say that his techniques did not help me to get rid of the problem although I was persistent.
I applied his technique almost a year, but in vain. Then I read *Geometry* and stopped applying Chopra's technique. The tongue is no longer coated. And it really looked ugly and no kind of toothbrush was of any help. Is this esthetic drawback really connected with negative energy (like acne)?

January 8, 2009 22:23:30 | mindpositive

Renchi, a coated tongue is related to inflammatory processes in the body, and medicine has long ago recognized this as a bad symptom. And inflammatory processes in any part of the body are always a sign of negative energy. Therefore, it is logical that the coating of the tongue should disappear after the activation of positive energy – just as pain, disease, as everything else we are discussing here.

January 8, 2009 12:11:42 |[Renchi]

Jaja, the similarity of our results is truly unbelievable. Including your report about peace at night. Even that matches. So, if you spin fifteen to twenty times a day, all problems are gone. I took up *Geometry*, I must admit, without expecting anything. I simply thought: I will do it and wait to see what happens. I really never expected the improvements we all achieved by applying the merry magic, not in my wildest dreams. And, as we have seen, major changes occur even after about three months if you do it regularly.

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Tuesday, April 14, 2009

REVERSE CHAKRA SPINNING

Beginner's mistake

<u>...also the mistake typical of careless people who do energy work only several times a day...</u>

(Note: the following articles are not arranged in a chronological sequence like the previous ones. This is because I want to round off, with the second book, the phase in which you are now, and give you all the necessary information. On the blog this has not always been systematic, and the discussion of some topics was therefore delayed. Now I have the opportunity to put everything in order. I also mentioned the topics in this article in previous articles and comments, but they are so important, and you demonstrably have such a poor memory, that I systematized once again, repeated and explained them. Your memory will be poor as long as you are energy beginners – and you are beginners, at least until you have mastered all the

knowledge and all the practices presented in this book.)

The reverse, i.e., counterclockwise spinning of chakras – even after you have read *Geometry* and want to spin your chakras clockwise, that is, activate positive energy – is a problem which occurs to some people. I explained in a comment what to do when that happens and I am now publishing this in a post so that you can find it more easily.

Anna: I read your book, Serena, and started spinning chakras at the same time. About three weeks ago. A few days I spun the head chakra the wrong way, and corrected that. The first impression was pleasant. Two days ago I was able to visualize them. Yesterday I felt a spontaneous acceleration of the spin, as if a pendulum were spinning quickly. I almost heard the "noise" of energy. I spun for more than ten minutes. I felt a light cramp in my right leg and arm, and a tingling sensation all over the body. I could not fall asleep, I felt like vomiting, and my blood pressure shot sky-high (otherwise I have no problem with that). I felt scared and took some high blood pressure pills and tranquilizers. Now, under the impression of al that, I feel mad at myself because I think I did something the wrong way. I dare not continue. I am fifty-two. I tried to solve some of my problems with transcendental meditation, autogenic training, psychotherapy, and first of all re...

Serena: Ana, YOU OBVIOUSLY SPUN YOUR CHAKRAS THE WRONG WAY. This is why your blood pressure zoomed, and this also explains all the other symptoms you described.

Such a mistake occurs almost always because WE HAVE NOT STOPPED NEGATIVE ENERGY – by applying "step 1", i.e., the "sword" or the "black sheet" or the "press".

We shall create the conditions for starting to spin chakras only after we have successfully completed "step 1". Spin your chakras carefully and slowly. In the beginning spin the front chakras with your PALM (only the front ones because you can't "reach" the back ones with your palm), and the back part of the same chakra by visualization. In this way you completely control the direction of spin. Observe how you feel while you are doing that.

Don't be afraid, just observe; you wrote in your comment that you are doing precisely that. You have just demonstrated how wrong things are when chakras spin counterclockwise. The observation of our physical and mental feelings is very important, and the same also regards the feelings of people in our immediate

environment or in our house. This is a very clear and obvious control mechanism.

Some people don't feel poorly when they reverse the spin of their chakras. But the people around them have a really bad time. This happens when you do the "merry magic" only two to three times a day. In such cases the negative energy does not intensify IMMEDIATELY in a quantity efficient to give someone close to you a nasty increase of blood pressure, and you CANNOT NOTICE THE DAMAGE RIGHT AWAY. This is why it is important, in such cases, to do your energy work every hour, as I have been repeating all the time. Then the mistake WILL BECOME VISIBLE INSTANTLY, as in Ana's case. If you spin your chakras only two to three times a day, and do it the wrong way, your mistake will last a long time and with your negative spin you will dangerously and continuously steal the energy of all the people around you – while believing that you are "creating positive energy". Of course, you think you are doing that because in such a negative energy condition YOU DO NOT OBSERVE, you simply don't want to see because you haven't started positive energy. Such people find it much more difficult to activate positive energy because they are "steeped" in negative energy, i.e. in vampiring. But the very fact that they have read *Geometry…* and that they want to activate positive energy with the additional care I have described, will lead them to success in starting the positive energy.

Clockwise chakra spinning is beneficial for all. Problems develop only when chakras are spun the wrong way (or are stopped), whether this is of our own doing or caused by somebody else.

Your mistake also shows the power of energy spin, this time in the negative sense. ENERGY SPIN is incomparably more powerful than other techniques. This is why you need a good understanding of *Geometry…*, of the meaning of energy, and of its link with our psyche and behavior. And you need to follow instructions carefully. You have had an unpleasant experience, but there is nothing serious or incorrigible about that. So, don't be afraid when you start spinning your chakras again. It is fear that we want to get rid of, isn't it?

Ana: Here is what the computer "swallowed": I tried to solve some of my problems with transcendental meditation, autogenic training, psychotherapy, and first of all regression, and after a week's time the results were fears, bouts of panic and violent psychosomatic effects. I thought all these things were behind me and again dared try something new. I have a poor marriage, two daughters with whom I maintain close relationships and live in the extended environment of my husband's family who have never sincerely accepted me, just as I have not accepted them. I think I

can accept the fact that I also stole someone's energy. I am curious, I keep seeking the right path to self-perception, and now I am asking myself why I should not be doing that for some reason. I did not get to the black sheet and I don't have a clear notion of how it's done. Please advise me.

Serena: Ana, I described the "black sheet" in greater detail in the posts of March 30, and April 3, 2008. We discussed this additional technique and a lot of experience in comments on the posts of mid-March and April, 2008 so read that too.

Everybody is entitled to seeking his/her path to self-awareness. After all, this is a meaning of life.

Some people experience turbulent reactions when they activate their UNCONSCIOUS (the part of mental reality of which WE ARE NOT AWARE). These are mainly people with truly major problems in their lives. The *Geometry* and this blog teach us how to safely <u>control</u> these reactions by energy work – the "merry magic".

By STOPPING negative energy we immediately stop every emotional storm at the mental and physical level. Positive energy provides for the feeling. This teaches us not to be afraid of our unconscious and shows how to cure your mental and physical pain.

Read the posts and comments carefully and you will learn a lot from other people's experience. At any rate, this is a demanding job. But it is not dangerous, and in most cases not particularly stormy either.

Let me summarize:
If your observation shows – as CAREFUL Ana has observed – that you may be spinning your chakras the WRONG WAY, proceed as follows:

1. STOP NEGATIVE ENERGY with particular care and <u>every hour</u>.
2. For a time, start the FRONT of each chakra only with your palm because then you will not take the wrong direction, and start the back part with visualization.
3. You can <u>ONLY stop negative energy</u> for as long as two weeks (and even longer), by applying the "sword and tying of threads". After two weeks you can also add the "black sheet" in order to stop other attacks. You start

spinning the chakras as described under 2 above only the third or fourth week.

4. Observe, observe, observe... EVERYTHING.

This is a very cautious start of positive energy activation and it ought to help everyone inclined to inverse spinning. When you are aware that you are in such a category, become immediately aware of the fact that you are probably an "active vampire", and focus your observations as I described in *Geometry*, that is, focus on other people and their welfare rather than on yourself. Also become aware of your own character in that light and on the basis of examples I provided in the book. If somebody has recognized himself as an "active vampire", that does not disqualify him in the least for starting positive energy. But it tells him to be twice as careful and persistent in everything. Similarly, keep in mind the fact that active vampires also have someone who is vampiring them, but not more than one to three persons, while passive vampires have hordes on their back. And, by all means, read *Geometry…* several times, because you are inclined to MISS seeing the obvious and inclined to misinterpretations – in a nutshell you are inclined to self-deception. By additional reading of *Geometry* you will start to understand that the descriptions of my family also apply to YOUR vital situations.

If reverse chakra spinning is not your problem, it could be a problem affection YOUR ALLY. This immediately makes it YOUR problem too. This is why you must know the described symptoms of reverse chakra spinning, warn your ally and thus pass the problem back to him for a solution (otherwise you will have to solve it and will not be able to do it). This is particularly true if your ally is an elderly person, say your mom, which is often the case. As an ally, mom will very often spin the wrong way and certainly pull you along because, perhaps, she has not read *Geometry*... You may have explained to her and taught her the "merry magic" in three sentences. But you have already understood that *Geometry…* explains a complex body of knowledge. Therefore, no positive energy can be started without the understanding of every detail, without the understanding of its meaning, that is, without reading and understanding of the whole book. Or, the ally/mom may be a poorly educated person and rather old. This again brings us to the previous case. Which options are left for you? Not to give *Geometry…* to mom at all, because she is not capable of reading the book anyway, she hardly reads newspapers? Well, I wouldn't be so radical if mom is willing to improve her life and yours. This is a great thing. In that case you must OBSERVE well together with your mom and explain what you have observed. You need to analyze the book and discuss it. Generally speaking, you need to be a teacher of positive energy (and a corrector of

negative energy) on a daily basis until everything “sinks in”, and that might take some time. Mom, dad and your adult children are the only persons to whom you can teach how to start positive energy, or at least try to, because they cannot or don’t want to read the book. This will be an extremely demanding effort, but it is worth its while. Don’t ever try to teach anyone else. You will not be able to withstand that. They will either read the book and deliberately decide to start positive energy, or you will sooner or later feel that you have to break your relationship with them. You will not be able to withstand their negativity. It is better to feel it sooner than later. If you postpone your decision, remember this peace of advice. You will be painfully convinced of that. From your own experience you will learn what you did not want to learn from mine. Better late than never.

Stay alive and kicking!

77.

Saturday, August 15, 2009

THE PENDULUM

The pendulum is not an irrational thing

There have been questions about the pendulum in the comments and I briefly explained how to use it. Let us now explain this completely. I know that many of you are biased regarding this “instrument”, which is understandable but also totally unjustified. Therefore, read this article carefully and with an open mind, i.e., without any bias, because that will pave the way to the understanding of this “gadget”, that is, to the way it functions. The pendulum is of vast importance in energy work, and it is high time to start using it.

Let us avoid every mystification: the pendulum is the needle on an instrument, and that instrument is our body and our psyche, and especially our subconscious. Our subconscious knows quite a few things, but we are mainly fools unable to bring that into our consciousness. We could also say our subconscious and unconscious and the higher self, although they are not really synonyms. The subconscious and the unconscious are used more or less as synonyms, while the higher self denotes a much deeper and/or much higher category. All these are poorly defined notions, but we use them in the absence of better ones. Actually, we need the information from the higher self because it is exact. What we usually call the subconscious and the unconscious is so complicated by negative emotions and thoughts that it provides distorted data even when we manage to bring them up, by some miracle, to

consciousness. For us, persons activating positive energy, such energy clears our path to the higher self and we base the reliability of pendulum work on that. Since the road to the higher degree of energy positivity (high frequency) is long road, i.e., to reliability of information obtained from the higher self, the data obtained by the pendulum must be checked by the observation of manifestations and commonsense analysis, and by conclusion.

The most important condition regarding "trust in the pendulum" (that is, in the information stated by the pendulum) is the distinction between positive and negative energy with our body and mind because this is where the important link with our higher self starts. When we FEEL ourselves in the condition of positive energy, as opposed to the condition in which we are negative, we only use the pendulum to seek the SOURCE of negativity, an operation greater facilitated by the device. The identification of the source of negativity, or rather of the person who resonantly vibrates, AT THAT MOMENT, at the same negative frequency is crucial for the faster and more efficient use of the "black sheet" and the "press". When you know exactly the person(s) currently vampiring you, or resonating with you at the same negative frequency, you can stop negative energy much faster than when you seek the source by elimination through the use of the "sheet"/"press" (we cannot avoid that until our body and our mind become capable of distinguishing between positive and negative energy), i.e., by the method of trial and error. You have already acquired considerable experience and you know how important it is to stop negative energy as soon as you feel it. In this effort the role of the pendulum is irreplaceable.

The basic principle of pendulum functioning is the following: it "answers" your questions with "yes" and "no". The smarter the question, the more useful is the answer. In this general case, the motion of the pendulum to be interpreted as "yes" or "no" is the matter of your choice, of your agreement with yourself. The smartest agreement with yourself would be the following: ask the pendulum "how do you answer with 'yes' (or 'no')", and your pendulum (your subconscious) will indicate this with a respective motion. This means that this sign is personally yours; the signs will be different for somebody else, but that is not important.

What do we record and measure with a pendulum in our SPECIFIC context?

We record (1) the positive/negative character of our energy, that is, the direction of spin and, most important of all, we identify person(s) A, B, C...who resonantly vibrate with us at a negative frequency AT THE MOMENT OF MEASUREMENT. We then (2) measure the level of positive frequency. Operation (1) is much more important than (2) in practical terms. Both can be detected on each chakra and on

the overall energy field which is conventionally called aura.

Modes of motion of the chakras (and of the overall energy field, i.e., the aura)

The chakras (and the aura) can move as follows:

a) they can spin clockwise,

b) they can be at rest, that is, be blocked or stopped,

c) they can be semi-negative; the pendulum will indicate this with linear motion in any direction, and in such cases this chakra is on a vampiring mission – that is the most frequent mode of operation in "normal" people,

d) they can spin counterclockwise

Let me repeat: the motion of the pendulum is a matter of agreement between "us and the pendulum", i.e., between our consciousness and our subconscious, that is, a matter of agreement with ourselves. In our specific case of detecting energy conditions (agreement with ourselves), the motion of the pendulum is logically identical to the motion of the chakras and of the aura. In our case the motion of the pendulum is no longer determined differently in each personal case (the "yes"/"no" situation is much simpler than in our specific case in which we ask whether one's energy is positive or negative), and the following considerations apply to everybody. Any different logic would not be understandable to the enquirer, that is, would not be logic at all.

Therefore, chakras (the explanation always also refers to the whole aura) can spin clockwise. The meaning of that is clear – it produces positive energy and the pendulum accordingly moves the same way. It can spin counterclockwise; in that case it draws somebody else's energy into its aura very intensively, and the pendulum will also spin counterclockwise. However, there is a condition of "mean" or "half-way" negativity – to me the pendulum shows this by linear motion in any direction. Such a chakra also draws somebody else's energy very strongly, but less than when it spins counterclockwise. The owner of the chakra which spins counterclockwise usually does not do that for very long, in most cases several minutes, because he cannot stand such negativity, except in a case of a (very) severe disease. In that case he can hardly stop such a reverse spin, although it becomes intolerable and leads to total physical and mental disintegration of the person affected.

Linear motion of the chakra (aura) is very frequent. In that case, its owner vampires

at a controlled rate, which is the most pleasant for the vampire and less dangerous for himself, and the person from whom the energy is stolen does not notice it so easily because his energy is being drained slowly. He does notice it when he is drained considerably, or when he feels pain in a specific spot.

Modes of aura motion

In literature the human aura is usually described as oval and it mainly spreads three and a half feet from the axis which passes along the middle of the body (the aura can be smaller or bigger); this is based on Kirlian photography and insights of clairvoyant people. We shall first analyze the possible look of our energy field or aura. The positive/negative condition of the aura and of the chakras is connected. According to my observation the following variants are possible.

1. The whole aura is positive (clockwise); in that case the chakras are also positive and the pendulum also spins clockwise. (This is also possible when you have many dormant "lumps" of negative energy in your energy field/body/mind.)
2. The aura is static and the pendulum rests. Very often the person involved does not vampire in such cases. Nevertheless, he/she can vampire because frequently on chakra (or even more chakras) can be "semi-negative", and the pendulum detects this by linear motion in every direction; sometimes the chakra(s) can also be positive. We are less interested in this case because we rarely explore the condition of the chakras in other people in order to avoid such a connection for a longer time (detection/measurement is not a neutral operation – the observer affects the observed and vice versa; this is the extended quantum rule).
3. The aura is semi-negative: several chakras are semi-negative, the others are blocked and the pendulum moves linearly. This is the situation which interests us most.
4. The aura is negative, spins counterclockwise. At least one chakra is usually reversed, but this can include several chakras; the pendulum spins counterclockwise. Not a frequent case.

Let us now turn to some practical instructions. As I said, negative energy must be

stopped (that is the most important thing) as soon as we feel it. The rate of reaction is measured in minutes and even in seconds because in the beginning the stopping/annulling of negative energy is incomparably easier (this ought to be an additional intervention along with the regular and preventive operations which we do every hour or two). This is why I detect the whole AURA with the pendulum, and not single chakras, especially when I detect someone else's aura. We don't treat persons with a static aura (see 2 above), with the "black sheet"/the "press", because he/she is the least dangerous. What we need to resolve as soon as possible is case 3, the semi-negative aura, the most frequent case of negativity. The totally negative aura, the one that spins counterclockwise, will not be detected too often except in very severe patients, various drug addicts and terminal patients, but also in careless and negligent allies.

After detection by the pendulum don't forget to cut with a stroke of the sword the transitory link you had to establish with the person, i.e., his/her aura. Detection is no play but something really necessary and you must complete it as soon as possible. Practice some time only on yourself until you feel that you acquired the necessary skill.

Let me note that you can very easily and deliberately spin the pendulum by apparently moving the hand but in that case you don't have an information regarding the energy condition but an information concerning your will/wish, which you don't need at all. This is a beginner's mistake which you will eliminate by trial and error while applying the "sheet"/the "press". This means the following: the pendulum tells you that you are being vampired by person A. You immediately apply the "press" to person A, but there is no spontaneous sign of relief. This means that your pendulum still follows your will and does not indicate the true, real condition. You will eliminate this error fairly quickly.

Although we must operate fast, we must also be calm, and wait for a dozen seconds until the pendulum stabilizes, because in that short period the pendulum can sometimes change the direction of its motion, that is, the information it provides. In my personal experience I often noticed a mistake: I would work fast with the pendulum and often it would show me positive auras. Yet, the observation of manifestations – that is, the person and his/her situation, or my pain – would indicate that the person is vampiring me. I saw that I liked to suggest a "positive" result to the pendulum. This is why we need to wait five to ten seconds and see whether the pendulum will change the initial direction. Other people will make other mistakes. This is why we must have confidence in ourselves and trust the procedure, and yet retain a measure of caution and common sense (this combination is always

recommendable whatever you may be doing in your life). This is why you must learn to FEEL the difference between the positive and the negative, because you can hardly imagine that, make it up or fake it (some people can when they start focusing on energy but this can soon be resolved by careful observation of manifestations and, possibly, blood pressure measurement,).

When we detect that we are vampired by person A and apply the "black sheet" or the "press", and the initial pain or mental fatigue and apathy are still present, we need to find person B (C...) who has also stuck to us and drains us from the same position.

Somebody recently asked how "broadly" we need to press the family. Here we must also find the golden mean. We know that everything start with grandmas and grandpas (sometimes even their brothers and sisters), then from our parents, then from our aunts and uncles, that is, the previous generation(s). Their illness, the state of their mind or the twisting of their character can help us to determine who is the stronger and who the weaker vampire. Although the pendulum can help you to detect that you are being vampired by five persons in the generation of grandma Jackie, maybe it would be enough to stop grandma Jackie. Then explore, by using the pendulum – "press" grandma Jackie, and check with the pendulum whether the others have been stopped too. As simple as that. In most cases you are being vampired by your parents plus one to three persons from the group listed above. It is here that the role of pendulum is invaluable – why press ten, or even twenty persons, which is really a lot, when you can check two or three only? Moreover, sometimes they vampire you at the same time, and sometimes they don't. Here the role of the pendulum is again invaluable – it reduces the amount of work and yet you achieve the desired results. This is called improving productivity.

By „pressing" your (two) grandmas and (two) grandads you can stop all the other negative members in both families. That is not a mission impossible. If you achieve that, you can be satisfied. If you can't, focus on the members in the same generation who are more ill etc., and then on the others. This is where the pendulum comes in handy to see who really needs to be "pressed" – OTHERWISE, but also AT THAT MOMENT. When you want to see the direction of the domino series (because one domino in the series starts negative energy and the others follow, just like dominos in the row), who is in negative resonance AT A GIVEN MOMENT (the energy condition is very variable), you must act very quickly with the pendulum and carry out a complete detection before you intervene with the "press" or the "black sheet"; after that the picture will be entirely different, i.e., all the auras will be static, in most cases not only in active vampire A but also in his/her entire series – vampire

branch.

After you have detected the SOURCE(S) of your current energy problem, you proceed with stopping/annulling negative energy with the “black sheet” or the “press”. (In this phase you no longer need to use the first variant of “step 1”, that is, the “sword”. This means that you have sufficiently overcome your negativity so that the “black sheet”, i.e., the “press” are enough. If that is not the case and if you are such an exception, then use the “sword” etc. on yourself.)

So let us repeat the lesson: how will you know that you have stopped negative energy?

You will FEEL it.

WITH YOUR BODY AND YOUR MIND.

The body will show you that you have stopped it by inhaling, exhaling and breathing SPONTANEOUSLY, not willingly. The pain stops. The whole body relaxes, especially the painful part and some muscles on your leg, foot or face or... The mind clears up and the will gets stronger. All that happens in five-six minutes, i.e., very quickly after you have stopped ALL the vampires that drained your energy at that moment.

I shall now repeat a remark repeated several times: all the mentioned improvements can also develop even if you SPUN YOUR CHAKRAS IN REVERSE by mistake, that is, if YOU STOLE ENERGY. Although such an improvement lasts a short time (it is dangerous if it is longer), it can also happen the vampire way, because your energy is LESS NEGATIVE, and that brings relief primarily to the BODY. The mind can become euphoric, livelier, but certainly MORE OBTUSE and inclined to various SELF-DELUSIONS. Although this happens to few people – according to the comments on the blog – this problem calls for additional attention. You will find more information on recognizing reverse chakra spin in three chapters at the end of the book. You will recognize them.

This is a very sophisticated matter and all carelessness must be excluded.

In order to be sure look at the people around yourself or seek information how the people around you felt at that moment (if they are not within easy reach) – because their condition will clearly tell you whether your subjective feeling of well-being has been achieved by vampiring or by positive energy.

You can also buy a blood pressure meter. If you spin the chakras in reverse, your blood pressure will certainly increase. Nevertheless, I would rely more on OBSERVING various data about the people around you; in this way we learn and we can record the CONSEQUENCES of our energy interventions even if we don't have a blood pressure meter (although, blood pressure need not increase, especially if the persons involved are younger and healthy – I was never able to measure the blood pressure of such persons at such a moment, and that is why I am not sure).

I could add more details of the subject, but I leave some work to you, primarily because you will barely remember all this even after repeated reading. If you are smart, and you should be if your energy is positive, you will get to know such details by logical consideration, that is by comparing information which you obtain by the pendulum and facts (medical diagnoses and your observation) on persons A, B, C... Read this text carefully and several times. The instructions are really important because they are supported by extensive experience and many mistakes on which I learned. You don't have to learn from your mistakes, so read this carefully. Remember the old saying that smart people learn from other people's mistakes. You cannot always be so smart, but you must tend to it, and that is possible when experience of other people is available. In this case, this is my experience, so use it. The pendulum will make your energy work ten times easier and more productive.

Frequency measurement

Why is frequency measurement important? It helps us to monitor our progress.

When we measure something, we need to have a UNIT OF MEASURE. When we measure something with a device, we use standardized units. In our case there is no standardized unit because there is no device either. The unit of measure is totally subjective. This need not disturb us at all: what is important is learning how to monitor progress (or decline), i.e., noting the difference in frequencies. Even if this unit is subjective, our subconscious has found the way to make this unit a constant and therefore reliable measure of difference once we establish it. Our unit is constant for us even when we measure our own frequency or the frequency of somebody else, so that we an compare different persons. However, detect and measure the frequency of somebody else's aura as little as possible simply because by doing so you enter the energy field of other people and thereby strengthen the link. When it is clearly necessary to detect someone's negativity – which is the subject of the initial part of this article – we do it because we have to. The

measurement of other people's frequency is not indispensable. Curb your curiosity.

Logically, you will start measuring by counting one, two, three... units. As you will see, you will progress very quickly. The numbers will start to increase at a dizzy rate because you are spinning your chakras clockwise. As soon as you pass one hundred (of your units), there is no point of counting by one and turn to counting by ten. As soon as you pass five hundred, count by fifty (one hundred, one hundred and fifty...). When you are at a million, count by one hundred thousand. I hope you have understood the principle – let your unit be ten times smaller of the order of magnitude of your total highest frequency in that period.

Of course, when you detect that your aura is at rest, or when your pendulum describes it by linear motion, your positive frequency is zero. There is nothing to be measured. You can't measure anything even when your aura is negative (the pendulum moves linearly or, God forbid, counterclockwise – and that means that you are doing the "merry magic" poorly and insufficiently), because you are not interested how negative your frequency is; get out of that condition as quickly as possible, there is no point of measuring anything.

And then comes the day when measurements of your positive energy indicate enormously high figures – billions, trillions... and you may even reach 10^{200}, even that may be little. You have no numbers any more to express this magnitude. Of course, this coincides with a measurement of a markedly improved psychophysical condition: there are no disease any more, not even "ordinary" colds, no serious diagnoses – everything else discussed in this book, in some comments and my articles.

What next? Our job of getting into the positive sphere is not over at all, we still feel the negative frequencies of other people considerably, and that means that our negative frequencies are also present – occasionally we feel light pain at well known sites, and even apathy (but for demanding mental activities). It would be good to have some kind of orientation about where we are with our frequencies and to see how much work still awaits us. (Why more work if we enjoy excellent health? More about that in the next book, *Geometry… 3*.)

Kika, who has a physical and mathematical background, recently (August 2012) suggested, in her comment on the blog, the measurement of the coherence of the aura. An excellent idea. However, I have not explored or tested it to a sufficient extent. Let that be an idea for someone who knows more about quantum physics and

is very advanced in “merry magic”. He/she can then engage in personal research. Some time will pass anyway until you reach the level described in the previous paragraph. By that time, probably in early 2014, I will publish *Geometry… 3*, which will include, among other things, the continuation of the measurement story. We shall see whether this will regard the measurement of coherence or something else. For the time being you have what you need. Concentrate on the detection of negative frequencies described in the first part of this article. You can monitor progress anyway by observing psychophysical improvement because, as I said, quantification by measurement is not the only information.

You will not get far if you don’t use the pendulum. I hope I have made my point in this article and that you have eliminated all bias by reading it. Bias is by definition a stupid thing.

Stay alive and kicking!

78.

Saturday, August 9, 2008

On my exclusiveness...

... when I claim that CREATION and THEFT are not two similar roots leading to the same goal...

Therefore, once again, why do I claim so firmly and so insistently that all ENERGY techniques other than mine are no good? Energy techniques have always been known in all cultures. In the so called primitive societies, or trouble groups, energy techniques were the job of special persons trained by their predecessors in the tribe. They were called medicine man or shamans, and were very appreciative in the community. Later on, with the development of culture, religion and science, Western societies began to call is “magic”, persons engaged in it were mainly forced to go underground, secret societies were grounded and all those dealings were dubious and dangerous to the rest of the world (maybe with a reason; more about that in who knows in which book). A “magic” stream in Europe even gave birth to some sciences: alchemy which was eventually proclaimed a dubious blind alley.

In Eastern civilizations the pursuit of energy of the universe and, within this scope, of human energy always occupied an outstanding place in their cultural and spiritual

life. More precisely the entire Eastern tradition is steeped in this topic. Even today this tradition is not proscribed in the East as it was in the West, but it was not developed further – they remained where they stopped about a thousand years ago. The matter is discussed a lot in their holy and spiritual writings, but even their contemporaries could not understand them, and nobody developed the ideas any further. On the other hand, others have commercialized this part of their culture and degraded it to a really low level. The impact of that is felt all over the world.

In recent times magic and witchcraft – to call it that way – have become an object of research. It attracted first the interest of anthropologists because they are practical people who explore everything that has ever existed, whatever that might be. And, as I said in the beginning, magic and witchcraft have always existed in all cultures. That is why they have also been studied by scientists, such as the great psychologist Carl Gustav Jung and later on Quantum physicists as well. There are not many but their results increase ever greater attention in the public if not in the scientific mainstream. This group includes researchers like Barbara and Brennan, who are not scientists proper – more precisely, they have sound academic education and a conventional career, but they somehow discovered the gift of clairvoyance and, by combining these two things, began to consider human energy from the angle of their Western educational background.

Finally, we have a very numerous and diverse multitude of bio-energy experts who have discovered the “gift for dabbling in energy” and marketed it, very profitably, “for the benefit of mankind and especially for the benefit of their patients”, and some even “to the glory of God”. Some have even written books on the subject.

Therefore, the subject of human energy is present. It is close to the focus of attention of the Western public, but no one dares to admit it; established scientific circles wash their hands of it, governments try to daft regulations protecting people to be brutally swindled, publishers rub their hands because such publications sell extremely well, and bookstores allot more space to shelves, although they do not know how to advertise such literature and then drop a brick with “self-help”, “alternative”, “esoterics”...

If we except the consideration of energy in Eastern spiritual writings, which nobody can decipher any more, all the others mentioned above have generally understood the following: human energy exists. It can be handled and used to produce various effects (and those who do it practically mainly think that they have the “divine gift”).

Quantum physicists who study the subject scientifically do not fit completely into this pathetic “definition” of practitioners, but it slows them down because they formulate their research in line with it. Luckily, quantum physics is always there to bring them back on the right path and it has also given me the crown proof of my theory (the significance of subatomic particle spin, i.e., of its direction).

Nevertheless, all this mixed crowd that has recently dedicated itself to the theme of human energy has been very useful – simply because it drew attention to the subject. Not only the attention of distressed ill people but also the attention of various specialists and even scientists. Accordingly, we have all started to collect experience on our energy and we were able to compare the experiences and practices of others. In every book we found a ray of light, a grain of truth, some information which we began to assemble into our own mental “puzzle”. Of course, many people – but not all – are simply happy when a bio-energy expert eliminates their pain, relieved the symptoms and period. You don’t have to think much about it. It is strange, they say, but it is undoubtedly so.

Nevertheless, many people do think about it, and you, the readers of Geometry… and of this blog, are a case in point.

Let me once again draw attention to the common characteristics of all the readers of books on those bookstore shelves carrying titles such as “self-help”, “alternative”, “esotherics”... For year you have been reading new books practicing some new techniques and maybe achieve some results, then stopped, sought new techniques and thought you had understood something – but your life is still chaotic and you look for new techniques, new books. You think that this is all more or less O.K. and that there must be something wrong with you, that destiny controls you, that this is your karma... The main feature – nothing quite clear in your head and continuous mess in your life. You feel you have not found “the real thing” and that’s why you keep looking for something else.

And now, in all this mass, there's me with *Geometry*...

And I say - straight no chaser - that no energy technique is good other than those I have discovered (so far). In a post at the beginning of this blog I wrote that a statement like this can only be made either by the greatest and most arrogant fool or somebody who knows what he/she is doing. Nothing else is possible.

Let's explain this once again. Say, you want to build a house. A beautiful and comfortable house. You first of all need a design. Instead of going to a certified

designer, you go to a guy said to draw beautiful houses. And, really, you look at the drawings: his houses are beautiful, elegant, charming, imaginative. And then you find out that the guy is a painter, but he loves to draw houses. Of course, the guy knows next to nothing about statics or structural considerations, and could not care less for building specialists. But he does draw nice houses. You hire builders and other craftsmen (let's say that you live in a backwoods village and don't need a building permit and officially certified blueprints) and they build the house. You have not taken into account the type of terrain, the need to reinforce the structure at some points and many other things - the painter did not put that into his drawings because he knew nothing about it. He had a good intention to draw you a beautiful house, you had a good intention to build a beautiful house, and that is mainly what you have - the good intention. With the first strong wind the roof is swept off, then the walls begin to sway and crack, and with a next wind everything crumbles down. Everything is quite clear - a bad and unprofessional design (although nice) has produced a nice house, but a house of cards. A good intention without adequate knowledge is equal to disaster.

The same applies to energy techniques. If you attend a course, the instructor speaks volumes about all the benefits of this world, about love, milk and honey knee deep. But he knows nothing about positive and negative energy. He knows that energy can be MANIPULATED. That is ALL he knows. Even in this case a shoddy and inexpert plan provides a result which is not in accordance with a proclaimed goal - actually, it is quite the opposite.

The same thing happens with books, even the best books on the subject from which we have learned a lot, such as *Hands of Life*, *The Celestine Prophecy* and some others. I have quoted some of them in *Geometry*... They contain many useful information, but, basically, no knowledge about positive and negative energy and of the drastic differences caused by both on the body, psyche and consciousness.

You need to understand the following: superficial knowledge or a superficial idea cannot produce a good technique and a good practice. Brennan and Redfield (in his third book) do provide a heap of instructions, meditation techniques and other complicated techniques. Have you ever succeeded in applying any of these? You have not, because they are all too complicated, and you don't know which one to choose and why, so that you could apply at least one. Has Brennan ever told you that you can spin your chakras on your own? Has she told you how bad and dangerous it is when they spin counterclockwise? No. She has not, because she does not know. She describes how SHE heals. It turns out that everybody would need a Brennan to be continuously available for help. Is that realistic?

I have mentioned only the best. All the others are mainly a heap of good intentions and a mouthful of love, but they haven't the faintest idea about anything - but all these "nice" sentences sell books.

Therefore, I hope that it is quite clear, logical and incontestable that an inadequate or wrong idea cannot produce good practice. The application of a bad idea produces bad practice and a bad result.

I have not read all the books of this world, but on the basis of what I have read I claim that nobody has so far discovered the existence of positive and negative energy. After I had published my book, Wikipedia carried an article claiming the same thing from the aspect of quantum physics, but even the author of that article did not have a clear idea what he was talking about. It is clear that there are other quantum physicists considering the same thing. But I don't have an overview of the respective references, because the Wikipedia article is certainly the first swallow and that others will follow.

Also have in mind the following: when we are in the world of energy, we are in a world of pure thought, in the world of ideas at the level of consciousness (or unconsciousness in the case of negative energy).

At the ENERGY LEVEL every WRONG IDEA produces wrong energy, negative energy. If the idea is a fleeting one, the damage will not be great. But if the wrong idea is built into the technique you are practicing systematically, the result is dangerous negative energy.

When you exercise, you can swing your arms or legs the wrong way, but nothing terrible will happen. The idea of exercise is to unlimber and strengthen your muscles with no energy pretences. Actually, you will soon discover that you are doing something the wrong way.

In the energy world - and you enter this world when you start focusing on energy work - the result will be disastrous as soon as you begin to listen to an instructor or writer claiming to do ENERGY work, or as soon as you apply any wrong idea which you can't even recognize. The thought is literally energy. Any wrong thought built into an energy technique immediately produces a result which is the total opposite of the apparent good intention. The "most mistaken" energy thought is the one that does not distinguish between positive and negative energy.

And here is my conclusion: for the time being, nobody but me knows anything about positive energy, and neither do the authors of books or advocates of all possible energy techniques (from Reiki through "conventional" bio-energy practitioners to whatever is currently the most popular). Their techniques are based on a wrong basic idea and that is why they are no good. I argue this partly deductively and logically, and partly from experience, because I have tested quite a few such techniques (but not all of them). I have energy tested (with the pendulum) quite a few teachers, gurus, seers and healers - they are mainly energy NEGATIVE. They are not even neutral. My argument is based on empirical tests. Anybody can do that.

I fully understand the negative energy present in "energy instructors" - they need a lot of energy for their efforts. Even when they think and write, and especially when they heal. Since they do not know how to create positive energy on their own, they steal it - from their clients, from the planets, form heaven, from God... This is essentially what they teach their clients - with their thought, deed and omission. Bee remembered such an episode with a former technique: having acquired knowledge and practiced positive energy, she repeated the former technique; the outcome was the same as before - the theft of energy, whether from heaven or the planet - and her blood pressure increased noticeably. At the time she did not understand and notice the effect, but later on she did. Obviously, a blood pressure increase can be neither good nor healthy, and matches my observations that high blood pressure is a certain and definite indicator that the person affected is a major active vampire. What assumption and idea provided the basis for this fabulous technique which Bee remembered? That the planet and the heaven are so big and powerful that it is quite all right to take energy from them? No, that is a superficial assumption. The essential assumption is that it is all right to steal energy from somebody/something. So, when we can do it, we take it from heaven, and then we quickly slide onto our neighbor - after all, he is much closer and we strip him to the bone.

There is another difference between me and all these authors. They talk about results through highlighting examples. The man came, Barbara treated him, and he left improved. Then he came back after three years, apparently feeling better, but he again needed Barbara to improve his condition. Only Barbara can perform those energy fancies - which I do not doubt at all - because Barbara is special, she wrote a good book, but she hasn't reached the distinction between positive and negative energy... What does that tell you? That this is something that doesn't lead anywhere, because everybody would need a Barbara to straighten his chakras and his energy at least once a month. How many billions of Barbaras would we need? Then test Barbara with the pendulum. Take the pendulum and test everybody who has

attended her school and is now passing the "knowledge" on. Be practical, curious and thorough like Bee.

Unlike the sporadic positive examples mentioned by other authors I tested my perceptions and techniques on myself and on a number of people I know well willing to participate in my efforts. That lasted several years before the publication of the book. I also systematically monitored the results, over a longer term, on entire families (and I am still doing that). In social sciences such an approach is known as *case study* (as distinguished from research based on statistical data) and it is a recognized scientific method. You will not find such a thorough approach even in psychotherapists vaunting all kinds of academic titles and interesting books on the psychology on this or that. You will not find even an "a" of such an approach in various authors dealing with "energy". One needs to know how to read and evaluate books.

And then you, the readers of my book, appeared and also experienced the same energy symptoms as the cases described in my book. Some of you experienced severe symptoms, others were more lucky, but basically the symptoms were the same, the energy picture is identical, and you can imagine how different you all are.

Namely, at the energy level all the situations are stripped down to the simplest case - to the binary code, yes - no, 0 - 1, positive - negative energy. I expected that because it derives from my theory. And that will continue to be the case. The number of us, energy creators/observers - is not yet high, but it is not low either. We don't even have statistical differences for all of you. Let us just look at your comments on the preceding post on the theme "I was fine in the beginning, and now so many energy falls, where does all that negative energy come from?" You are all in the same boat, and this situation is being repeated continuously and generally over the one and a half years of this blog.

Everybody educated for scientific and logical thinking will understand this, as will all the people whose brain has become energy positive.

I have explained the results of my theory and my techniques in great detail; they are long-term and comprehensive because they also refer to your environment. Do you see the difference between such an approach and the loose presentation of some positive examples whom the author liked because they nicely supported his tear-jerking outpourings of love of humanity on the preceding page of his book?

Do you see the difference between <u>all these other things</u> on the "alternative,

esoterics and self-help" shelves and my basic idea (AND THE OBSERVATION OF EMPIRICAL DATA)? The difference lies in the fact that we are capable of CREATING OUR OWN ENERGY. As much as we need. In a world in which everybody creates, nobody has to steal or damage or harm anybody else.

This is why you cannot combine my techniques - the "merry magic" and the "black sheet" - with any other technique, because every other technique is based on TAKING ENERGY FROM SOMEWHERE - and in most cases this boils down to "taking energy from somebody". After all, everybody does that even without any "technique".

Only my perception and techniques are based on the idea of CREATION. On the idea that man CREATES and thus cooperates harmoniously with everybody and everything.

Nobody has done it so far but me.

Somebody always discovers something first. That is not a reason for arrogance, but it is definitely a reason to say that this is something NEW, this disproves the old thinking and is not compatible with it.

I could be miserable when I see how many of my readers failed to notice the key theme: CREATION versus THEFT. Never mind. Many people have noticed that theft is disastrous, but also missed the MAGNIFICENCE OF CREATION.

Others noticed before me that energy can be MANIPULATED and HANDLED, and devised techniques for doing that. To "manipulate" simply and clearly means to STEAL ENERGY. And they just wrapped it in nice words.

And you believe such people as long as your energy is negative.

While your energy is negative, you don't understand what I am talking about when I speak about the difference between positive and negative energy, when I say that negative energy can destroy everything, especially if nobody creates positive energy.

You can't do the technique of CREATION and the technique of THEFT alternatively - a little of this, a little of that - and nicely combined, in order not to "waste" the technique acquired on the course you paid 500 dollars. When you put a thief and an honest man in the same room, you know what you'll find in the

morning.

My theory and, consequently, my techniques are totally in opposition to all other theories; they don't produce even similar results, and they cannot be applied alternatively with other techniques (because, as even some enthusiastic readers of my blog have estimated, they supposedly give the same results and are therefore complementary). Such people have not understood a word of what I wrote.

This is why I said, in the introduction, that this is a DISCOVERY. But you probably just skimmed over that and forgot it right away. The way I described them, positive and negative energy are a revolutionary discovery. When it spreads, the world will not be the same and we shall say that we could not even imagine that "before", we could not imagine the good and beautiful sides of positive energy. After you have EXPERIENCED the difference between positive and negative energy, give your imagination free rein and imagine ALL the people having POSITIVE ENERGY.

At the moment we again hear questions why the negative energy is so "stubborn" and why the application of my simple theory and simple technique is so difficult. Although I wrote a lot, repeat, a lot about that, the next post will again be devoted to this topic in response to the questions you raised in your comments during the past two or three days. Until then read again the paragraphs in *Geometry…1* in which I quote the great geneticist Richard Dawkins, i.e., the part on the computer simulation of the development of the population comprising only CHEATS and SUCKERS, and what happens when SMART GRUDGERS come along (the chapter entitled "The suckers are responsible for the rise of the cheats").

In other words, one of the prime reasons why we find it difficult to activate positive energy is the law of large numbers - at present, the number of us, energy positive people, is too low. Nevertheless, with or without us, the cheats are doomed to disaster, and the computer simulation shows that quite clearly. However, all the others also go down with the cheats, and that is the tragedy of the suckers (because they do not know, and ignorance is always dangerous).

Only CREATORS ensure existence. And morality.

In order to create you must be intelligent. It is not enough to be honest, you also need to be intelligent and have true knowledge. This way we have again closed our circle and reached the initial point, where we said that negative energy made you stupid and that it is morally disastrous, and that POSITIVE energy creates both intelligence and morality. This is immanent in it.

Stay alive and kicking!

August 9, 2008 12:59:00 | [Renchi]...
August 9, 2008 11:29:19 | featurefilm
very detailed and very good. regards from dinx
August 9, 2008 15:41:45 |[Haloeffect]
That was a good point, to highlight once again the essential difference between energy handling, energy trade and the creation of one's own energy.
August 9, 2008 17:12:40 | [Humptydumpty]
A super post! This is why I don't have major problems with family vampires... however, most of my friends and acquaintances use a technique for stealing energy, and that is why I am now almost alone and they slowly back off because I continuously cast the black sheet... I go bonkers when any of them calls me and tells me "I was just thinking about you"... I blow my top and yell: Come on, guys, please, don't even think of me!!
August 11, 2008 13:04:32 |[igi]
This is why *Geometry*is special. Just carry on and paddle your own canoe ὐ . Another interesting point is that you can check it so very easily by trial and error. Action and reaction. Observation and fact. Everybody is his own best tester.

79.

Sunday, December 21, 2008

Once again - let us recognize whether our energy is positive or negative

The drawing of the spiral is really an impressive proof of the existence and functioning of the "inner eye" even when we know nothing about the spiral motion of energy at subatomic level. The prehistoric drawings of the spiral are the best case in point. An interesting example proving this thesis is my little niece, five years old, whose mom has been doing the "merry magic" for several months. Last summer the kid drew several double spirals exactly as the Maori draw the same shape on their faces or boats; after that she drew several fractal variants (people who know mathematics will know what I am talking about) with the double spiral as the basic motif (you will find her drawings and explanations in Appendix A at the end of the book). There is no way she could have seen it anywhere. Her inner eye stimulated her to express her energy condition with drawings, just as people have done since time immemorial. The traditional Maori drawings also bear witness to this as do other findings from the distant past. This is a must see: SPIRAL ZOOM: http://www.spiralzoom.com/index.html

The question is now: how much can WE HERE rely on the inner eye?

You know the old saying - it's good to believe and even better to check. Let's stick to that.

In accordance with the logic of the term, the inner eye is based on the pictures and pictures always ask for interpretation, thinking. As we have seen, even the greatest seers didn't know how to interpret the information obtained by the inner eye even approximately. Dreams are also pictures of the inner eye and, at the same time, real happenings. The mind only "translates" the real happening of the dream (WHICH IS AT THE ENERGY LEVEL) into pictures, so that the information can reach our consciousness.

The inner eye performs a triple function, it can provide INFORMATION, it can express and create our INTENTION, our GOAL, and it can also REALIZE our intention if it has a necessary and a genuine knowledge.

Our experience tells us that some people have a very blocked inner eye and cannot visualize their INTENTION to activate positive energy. In order to activate positive energy they need to spin chakras clockwise (after performing "step 1") - that is KNOWLEDGE. They have both a good intention and proper knowledge, but they don't work. You will overcome this by exercising without getting nervous. Most people have discovered that exercising the "merry magic" and repeated reading of the book and of the articles on the blog (which deepened their UNDERSTANDING, i.e., knowledge) has helped them to develop all the three functions of the inner eye. Intention, understanding, knowledge, exercise. This is the well-known formula of success in the phenomenal world to which we are used. We need all the four ingredients for successful work. Your comments show that some of you lack deeper understanding, others lack exercise while some lack both. You have the intention, that is the easiest thing. The knowledge is in the book. You will improve understanding by repeated reading of the book and energy exercise. And then, of course, we have the old rule: "The devil is in details". This is the reason underlying the appearance of this book.

Others visualize chakra spin easily, even "too easily", because all their chakras spin at lightning speed after the first attempt (this is most frequently the sign of reverse chakra spin, but they don't see it, but just perceive the speed of spin).

Both extremes must check the manifestations produced by such energy work, i.e., verify whether the information obtained by the inner eye is correct or not. This is

something everybody should do, but extreme cases in particular. When we say manifestations, we mean that we must observe how people around us feel at that moment. This regards especially the people we are dominating in one way or another, meaning that we have been vampiring them, although at a decreasing rate as we learn the teaching of positive energy.

As we said, there are two ways to check the direction of chakra spin, i.e., establish whether our energy is positive or negative at a given MOMENT - on OURSELVES and on OTHERS. Now we shall only repeat this topic because I have written a lot about it, and add some new details, and we shall concentrate on ways to check OURSELVES.

Breathing

BREATHING is the most important and the clearest indicator. When we are under negative energy, our breathing is very shallow, fitful and irregular.

As soon as we stop negative energy ("black sheet"/"press") we inhale SPONTANEOUSLY and start breathing freely. (Some people don't experience that right away because their breathing is blocked by a strong cramp of the chest, bronchi and the lung. But they will feel relieved FAIRLY SOON after energy work.)

When we activate the chakras after the "black sheet", our breathing becomes even easier and deeper. And when we do ACCELERATION, breathing is all the time very deep and gradually quieter with longer and longer inhalations and exhalations. Therefore, you don't have to pay special attention to breathing (as you do, for example, in yoga exercises); breathing becomes deeper spontaneously as the consequence of proper energy work which relaxes all tissues and organs, including those that control respiratory organs.

This control is especially important for those people whose chakras spin very easily, like a fan, at the START of energy work. Why? Because your inner eye can easily deceive you, you spin counterclockwise, and the picture of your inner eye shows you that you are spinning clockwise. This is the consequence of the deep need for self-delusion developing because of negative energy.

However, your muscles and all your tissues, your bodily signs, your behavior and your thoughts will easily detect your current ENERGY condition. There is no doubt about that. This will often occur in a "key" or "code" other than the usual one. I gave

you that "key" in the book, and I am continuing to do it here. To be more precise, it is quite clear which physical signs and conditions are bad and which are good; this is not at issue. However, as regards mental science, my "key" often differs from conventional wisdom but also from the one offered in psychology. Here is the first example - euphoria.

Exaltation/euphoria

People who find chakra spin "too easy" should pay attention to whether they become euphoric and exalted during the spin. We are somehow used to think that these are "good" conditions and moods. We are amusing, smart, enterprising, others admire us when we are that way, we want to be in the center of attention. No way! We get into such moods when we successfully steal a lot of energy from someone, usually over a short time, and then this is the equivalent of a good high or a drunken fit.

There is no spectacle with positive energy. Instead, we are calm, focused, self-confident, intelligent, smart, realistic, determined, deliberate, serene, satisfied, cheerful, hard-working, successful, but we feel no need to be in the center of attention, or think that we are God or especially "dear" to God, or long for similar theatricals.

Negative thoughts

When you become aware of a negative thought or emotion, this is the sign that negative energy is beginning to take hold of you. Such thoughts have nothing to do with the objective situation (you could have remained without the job, or wonder whether you'll be able to pay your mortgage), although they apparently reflect the objective situation.

Check: "black sheet", "chakras"... After ten minutes the very same ugly thoughts (now only buried in memory) look ridiculous and don't bother you any more, because you feel that you will solve your problems even if there are realistic indications that there are such dangers. Maybe you won't feel even that, the thoughts will simply be gone, and so will fear of any danger.

There are no concerns or worries when you are energy positive. Concerns and worries are totally unlike the identification of the real problem and of our determined action to deal with it because we trust ourselves.

This is why such thoughts are a very good indicator of your current energy regime.

Now don't tell me "We are objectively in a financial tight spot and anybody can remain without a job, where's the point of denying that?" An energy positive person will not leave a job if that job is good for him/her. If he/she does remain without a job, this is mainly the sign that he/she should have changed it. If he/she really tries to remain energy positive, he/she will very soon find a new and probably a better job. Notwithstanding the global economic crisis. I know the experience of dozens of people faced with such a situation. Maybe the number is not yet sufficient for a definite claim, but I stick to my point. Some of these cases faced no prospect at all - they were "too old", their profession was not in demand - but a job, a sound job did come up, not a spectacular one, but let's forget spectacles. (Note: the later experience of "my" bloggers kept confirming this fact; of course, I mean those who successfully activated their positive energy.)

Positive energy demonstrates its worth especially with regard to business efficiency because it is quite clear that we all need "food, clothes and the roll in the hay" and that we simply cannot survive without that. Concerns and worries about whether we shall have a job and money for living will not help us. But if you trust yourself and believe that you will be capable of resolving every difficult situation through positive energy, the outcome will be good. Without positive energy such an attitude would be useless, and FALSE, IMAGINED OPTIMISM will not be of any help. Everything functions very simply with positive energy. Once you settle a business/financial crisis (and you regularly do the "merry magic" to the extent I recommended) you will know what I am talking about, and the next time you will be carefree. Of course, there will always be crises because we live in such a world, but for you their number will decrease and you will always overcome them successfully.

Nervousness

When you are energy positive you will never be nervous, tap your feet, or drum with your fingers.

Muscle relaxation

If you are careful and if you are an advanced positive energy person, you will notice the pronounced RELAXATION of some muscles while you do the "merry magic". Especially on your feet and on your face, but also elsewhere. In the beginning, your face muscles will tend to grin spontaneously, but when that passes, the muscles

round your face will spread into a smile. The mouth resembling a "downturned crescent", with the attendant unattractive lines and flabby facial muscles, will spontaneously turn into an "upturned crescent" - and that is the picture of a smile. The higher your positive energy, the longer will be the soft, spontaneous child-like smile on your face. Just watch the faces of people in the street - there seems to be so much misery around!

I hope that you have understood the crucial importance of relaxed muscles, tissues and of the whole body for your health. When you begin noticing the relaxation made possible by positive energy you will understand once more the power and the positive character of positive energy. This is another crown proof of its positiveness, in the usual meaning of the word.

How do we feel when we are in "purgatory"

The annulling of one's own negative frequencies really reminds of the "purgatory" in the heaven-and-hell story. You have also had this association. When we start to break free from an inner "negative lump" we must first of all avoid being OVERWHELMED by it, and that happens if we don't do the "black sheet" properly. The "black sheet"/the "press" are our main "crisis management" instruments. The people around us feel the negativity, switch on by resonance and, if we don't stop them with the "black sheet", they enhance their negativity; this in turn enhances our own negativity so we move in a circle - negativity keeps increasing, and then we all end up in a coma. Somebody will catch a cold, or feel pain in the jaw, teeth, kidney... and will then think that it should have been that way. Wrong. He/she just didn't perform the "black sheet" properly against the proper person and at a proper time.

If all these things from the previous paragraph DID NOT happen, we don't feel particularly bad while we annul OUR OWN negative frequency. However, we shall feel sluggish and avoid every physical effort (thus, we plan to go hiking, and give up; we intend to do spring cleaning, and don't do it; but we also avoid every movement and we find the couch and the armchair the most attractive pieces of furniture). We also avoid mental effort - we do not reach for the book we want to read.

As compared with the "similar" condition of apathy when we are vampired, in this case we are not nervous and we don't have pronounced negative thoughts or emotions. We are at half mast, but we are not dissatisfied or upset because of it. We are able to do everything that has to be done during the day - go to work, do the

necessary house work - so that your daily functioning is not affected. Such conditions mainly occur after "acceleration" (the technique is explained at the end of the first book, and it is also a part of "merry magic"), and they last for several days but are less and less serious. However, they can also happen every day, maybe in a gentler form, last an hour or two, and then disappear. Once then disappear we suddenly feel the will to do everything we should have done over the past days and failed to do it.

Again, this is no euphoria but a calm and good will to do one's work. This article describes very nuanced conditions, so read it carefully and compare it with your own experience. Now you are really capable of being subtle, so don't behave like an elephant in a china shop as you used to.

The following has nothing to do with the theme discussed in the text. I have decided to insert it without any additional indications. I am referring to the free download of “Geometry…” from the web. (Note: If you have „acquired“ this book by a free download from a website, bear in mind the following: I have never permitted anyone to distribute my book “free of charge”. The only authorized distributor of e-*Geometry* is Amazon. This means that all the sites that have allowed you a free download have stolen this book from me in order to enhance the attraction of their site and thereby acquire certain gains, of course at my expense. The case is even worse if you have paid someone for that download, someone other than Amazon, because, I repeat, I only have a contract with Amazon for the distribution of the book in digital form on the web. You probably never thought about that, or about other free downloads. But you should have done it, because that was theft in which you were involved and which you promoted. Therefore, if you have downloaded the book, without paying any fee, and read it up to this point – which is almost the end of the book – this means that you have “consumed” it, and found it interesting if nothing else. Now, would you walk out of a store with new shoes on your feet without paying for them? Most of you would not. After all, the salesperson would not let you do it. So, why do you think you can use (that is, read) the fruit of my efforts – this book (or any other books) – without paying for it? Because you have the opportunity to do it and getting away with it? Ah ah...! I also live in a market society and ought to be paid the money for what I am doing, and that is research and publishing, and if my work is good enough and in demand, also earn the money for my further research and publishing. A nonauthorized free download denies me that right and steals it from me. There are no ways with which I could legally ban all the sites stealing my book. I don’t really know, maybe there are ways, but they are certainly too expensive and require too much time. I spend my time on research and writing, and running after thieves would be a huge nuisance for me. This I why

appeal to your honesty (and that, and candor, are described at great length in *Geometry…*) – go to Amazon and pay for my book. If you find that truly impossible for any serious reason, I'll have understanding for that, I'll be pleased with your reading *Geometry….* I will not think you were involved in a theft. But, let me repeat, only if you find paying for it truly impossible. Just imagine how much money could be used for clever purposes instead of being spent on police, attorneys and courts. If only people were honest. Well, that is not a utopia beyond reach. As I have explained in *Geometry…*, the theft of energy is at the basis of any theft. So, I'm appealing to your honesty: don't steal intellectual property by using the web, don't support and participate in the theft of somebody else's work!

Stay alive and kicking!

80.

Sunday, December 12, 2010

CHARACTER ARMOR

Wilhelm Reich, *The function of the Orgasm*

Wilhelm Reich has influenced more or less every trend in modern psychotherapy. This includes psychology, the science concerned with the human psyche, and all that has had an influence on popular thinking and behavior. Of course, in the Western culture and among educated rather than uneducated people. I shall continue the difficult task of presenting the fundamental points of Reich's theory as briefly as possible, and follow up with my own theory of sexuality.

Reich's reflections include an important innovation with respect to his teacher Freud and other psychoanalysts - the definition of CHARACTER. What do ordinary people actually think when they say "character"? They have in mind a set of the main qualities of a person, a set of characteristic qualities. This is often a borderline definition - "having character" primarily means courage, keeping one's word, capacity to defend one's attitude, behavior, thinking. A man "without character" is considered to be a nonentity, submissive, weak, scared. Ordinary people rarely consider additional shades of character.

As regards character, for Reich the basic concept is the CHARACTER ARMOR. Below I am quoting some thoughts from Reich's *The Function of the Orgasm* [*underscoring by S.A.*].

The "character armor" has been developed out of the working method focused on detecting the characteristics of the patient's RESISTANCE... It is based on extensive experience suggesting with no exception the same conclusion: the "whole patient's being", "his character" resists healing. During treatment, the character armor surfaces in the form of "character resistance"... The task of psychoanalytic therapy is precisely the detection and elimination of this resistance.
There is no contradiction between the historical and the contemporary [between the past and the present of a person; S.A.]. The entire empirical world (of a person) lives in the present in the FORM OF CHARACTER ATTITUDES. The composition of each personality is the functional sum of all his/her previous experiences... The layers of character can be compared with geological or archeological strata which in a very similar way represent petrified history. A conflict active during a specific period of life always leaves RIGIDITIES on character, which continue to function automatically and strongly resist elimination. The patient does not feel rigidity as something strange, but as a discomfort, obstacle or loss (decline) of spontaneity. [This does not refer only to "patients" but to everybody; S.A.]. Each layer in the structure of character is a small part of the history of life preserved in its own form and very active. The detection of each layer brings to light a conflict concealed behind it. If the layers are particularly numerous and function automatically, if they constitute a firm entity which is not easily penetrable, they remind of an ARMOR round the living organism. The armor can be superficial or deeply internal, soft as a sponge or hard as steel; at any rate, its role is PROTECTION FROM DISCOMFORT. The organism pays this protection with a loss of a greater part of it its capacity for pleasure. The concealed contents of the armor are the conflicts from the past. The energy at the basis of the armor is the bound destructive energy, which can easily be demonstrated by the destructive instincts released at the moment of armor breakup. Where does the destructive, hate-colored aggression originate from? What is its role? Is this a primary, biological destructive instinct? Answers to these questions require many years of work.

I have established that people react with strong hatred to every attempt focused on disturbing the neurotic balance based on the character armor... The destructive instinct is never presented in a free condition; it is always concealed by ***opposite character*** *features. In life situations calling for aggression, action, determination, taking a view, there appear, instead, politeness, hesitation, restraint, false modesty - briefly, character traits upheld as high human virtues... Even if a ray of aggressiveness breaks through, it is mainly confused, aimless and represents the mask of the deeper feeling of insecurity. In other words, this is pathological rather than healthy aggression controlled by reason.*

I have gradually understood the concealed hatred present in each patient [let me highlight this point - this also applies to "normal" people, not only to "patients"; S.A.]. If the analyst does not permit the patient to deceive him... if he comes close to the patient's defensive mechanism, he will undoubtedly arouse the patient's rage. In the beginning this phenomenon confused me. The patient complains of a void in his emotional life. If I show him how cold and artificial he is, fury develops automatically... Why isn't man capable of noticing his own deepest being? I gradually discovered that it was precisely this character contents that constitutes a hard and impenetrable mass in the way of psychoanalytical therapy [therefore, in the way of healing; S.A.]. The whole personality, character, man with all his characteristics offer resistance. Why? Because the concealed function of character is focused precisely on defense, protection.

... It has been shown that destructive tendencies are only reactions to disappointment because of the loss of love. If the desire for love or for the satisfaction of the sex drive runs into an insurmountable obstacle, hatred is born. Since hatred cannot be displayed openly, it is bound and repressed in order to avoid fear which it causes. In other words, frustrated love causes fear... In its turn fear prevents the displaying both of hate and of love.

In time I arrived at the theoretical structuring of the knowledge acquired at psychoanalytical practice. The most significant conclusion reads as follows: An orgastically unsatisfied person develops an insincere character and fear of any behavior that is not previously conceived - in other words, fear of spontaneous and live behavior just as fear of penetration in the world of sensations of vegetative (physical) origin.

(I shall challenge this conclusion in the last paragraph, i.e., I shall explain the reason underlying the origin of the "character armor" in a completely different way - definitely not, repeat not, by orgastic unsatisfaction.)

Reich's perception of the "MUSCULAR", i.e., physical "ARMOR" (to be discussed below) is an extension of the "character armor". The armor is a fact which everyone can observe if he knows what to observe and how to do it. I have not used this term, but all the things I have given the name of negative frequency "anchored" in the body and psyche, or, as I often wrote, "lumps of negative energy", are actually the armor, as Reich calls it.

Why do I need to quote Reich at such length? I have done it because, as I said, his immense influence on modern psychology and psychotherapy, and because he also -

indirectly (and mainly in a very diluted and very distorted way) - had an effect on popular thinking, that is, on what most of us have in our heads. His influence was the greatest in the field of sexuality, both in popular and scientific terms. I have also quoted him because I accept many of his considerations, and believe that they are exact, and this at the same time means that I learned a lot from Reich. However, on the basis of my understanding of positive and negative energy I have explained some points, especially regarding sexuality, Reich's principal theme, in an essentially different way.

Note: although I have mentioned the cramps affecting all body tissues at least a hundred times in previous texts, pointed out that they are identical and parallel with mental problems, and that the lot is caused by negative energy, the readers understood - as it became apparent - the cramp of the physical body in all its complexity and magnitude only after the publication of the foregoing quotations from Reich. As if the term ARMOR (CHARACTER and MUSCULAR ARMOR) had hit them and helped them to see the additional light, that is, to understand the significance of what I called "negativity lumps", encapsulated negative frequencies aroused, activated under the influence of positive energy. This is why I have published, in this book, several articles with Reich's quotations to help you to literally understand the importance of the CHARACTER ARMOR and its aspect or counterpart, the MUSCULAR ARMOR. This understanding is of extreme importance.

These articles were written during my initial analyses of sexuality. However, here I have somewhat reduced the quotations as compared to what was published on the blog. I did it first of all, because I cannot deal with sexuality in this book, and even more because my vision of the CAUSE underlying the origin of the character armor and the muscular armor differs entirely from that developed by Reich, who sees the basic cause underlying the origin of the armor in unsatisfied sexuality. I think that the concept of "character armor" and "muscular armor" were a major step forward in psychological science. That, of course, is my point of view because psychological science did not really recognize the MUSCULAR armor, either theoretically or practically, so that the concept of MUSCULAR ARMOR has not left a significant trace in modern psychotherapy. As Reich interpreted them, these armors developed because of the unsatisfied sex drive. As I said, I will not discuss sexuality in this book, and I just want to announce that the book on sexuality (most probably *Geometry… 4*) will show that Reich's interpretation is totally incorrect. Even more, it will show that sexuality, as it is understood in conventional scientific disciplines concerned with it and as it is practiced in real life, is one of the most significant causes of the "armor". I will show that negative energy is the cause underlying the

character and muscular "armor" at the energy level. Of course, just as everything I have argued, this is also the result of my analysis of experience and analysis of the energy level of our being. Nevertheless, you must be aware of the manifestation of this ARMOR because it is our reality, and positive energy, that is, the "merry magic" is the adequate way for its "dissolution" - without the help of the therapist, which is the key moment in practical terms. That is, very few people in the world can afford a psychotherapist, or want to apply to one, and then this is truly no solution of a problem affecting ALL PEOPLE. We are all "armored" in Reich's sense. Let me also note that today there are no therapists working in line with Reich's psychotherapeutic practice. His ideas spread in many directions, became diluted, the results are very poor, and, judging by the statements of the psychotherapists themselves, (almost) nobody is concerned with breaking the MUSCULAR ARMOR. This shortcoming is made up, to a minimal degree, by various types of massage, by the rather popular "alternative" therapists and by chiropractic, but they cannot replace the complex technique of simultaneous work on the muscular and character armor as developed by Reich.

Stay alive and kicking!

81.

Sunday, December 12, 2010

CHARACTER ARMOR...

... (poor) protection, but also resistance to change

After your comments, I clearly see that it is not easy to follow Reich's quotation from the previous text. When you read the book you slowly get accustomed to the writer's terminology and style, he repeats and modifies things and at the end of the book you get the point. If you think that the book is important for you, read it once again, or at least read what you have underscored, and almost everything will sink in. If you miss it, here is my interpretation of Reich's quotation, as Spark suggested. What we call "character" is "seen" by psychotherapists (although I do not believe, at least according to what I read in books of psychology, that there are therapists practicing anything even remotely like Reich or Freud, that is too demanding) as a MULTILAYERED ARMOR with a protective function. This armor is our security guard, and you always have to pay for such services. Such guards resemble the people on the Mafia payroll - you are only harmed, but if you are weak and ignorant, you can only pay.

The outer layer of the armor is what we usually call character; that is how people want to be seen by others and how they want to see themselves. Therefore, generally speaking, many nice qualities and a carefully concealed defect or two. When the therapist starts to detect the layers underneath, he will come across many repulsive emotions and "rigidities", the consequence of vital conflicts.

For Reich conflict implies the failure to satisfy the basic necessities of life and, primarily, the failure to satisfy sexual needs. Why are they unsatisfied? And who are the parties involved in the conflict?

Sexual needs primarily remain unsatisfied because of social prohibitions, manifested through moral norms and customs, legal norms, family education and the educational system. Bear in mind that Reich was active in the first half of the 20th century. The beginning of the century was distinguished by very rigorous rules in all the mentioned spheres. When you were a child, you were punished very rigorously when you played at "doctor"; in your youth and before marriage you could not even think of sex; if you masturbated, you were promised a certain ticket to hell. In marriage sex was the wife's duty, legal obligation, and if so, the husband was not supposed to enjoy it either. Sexual unsatisfaction was a widespread phenomenon, and so were such extreme examples of sexual deprivation as we would call it today.

It could be concluded that the concept of "conflict" included in the armor was not developed by Reich in more precise in more precise and more explicit terms. He also concentrated on the problem of the individual rather than on the problem of his RELATIONSHIPS: if you discuss conflicts, you must have a relationship. One could sooner conclude that the individual, according to Reich, is in conflict with social norms, that is, the abstract environment, and that the basic problem are not the individual's relationships with his family, partners and friends. If you mention a conflict, wouldn't it be more logical to focus on RELATIONSHIPS with these persons? That brings us very close to the vampirism story. That has not happened. Any psychotherapy school, even when still recognizing Freud's emphasis of the importance of the relationship with parents, practically treats mainly the individual and HIS/HER problem, the way he/she experiences and interprets the world.

Let us continue our consideration of the armor. The armor regularly contains hatred, rage, aggressiveness... which the person conceals and refuses to admit, at least for some time, even when the therapist detects all these with his methods. Here we have reached the patient's RESISTANCE to cure, well known in professional psychotherapeutic practice. The patient comes to be cured, to get help in solving a problem, and now he denies it with all his might. Therefore, the term ARMOR is

also good from the standpoint of that resistance (which always turns up when you get under the surface). But even this hatred and destructive rage, says Reich, hidden directly under the surface of the armor, are just one layer, they are a reaction to something, they are there for some reason. Therefore, Reich seeks the reason and, "if he succeeds in penetrating deep enough", that is, if the therapist manages to overcome the patient's resistance, which is not always possible because the armor can be extremely rigid, he finds that these destructive emotions are caused by the unsatisfied sex drive (I shall demonstrate, let me remind you, that this is not the true reason, but that doesn't change the fact - the existence of the armor).

What happens with the unsatisfied sex drive? Let us first look at the situation: the husband would like to have sex, he feels horny, but the wife says "I have a headache", no go. So he goes "whoring" but he feels guilty. The wife "has a headache" because she does not enjoy sex, it makes her sick and she also feels guilty because she has not fulfilled her marital duty. Or let's take a boy and a girl: they know that they cannot have intercourse but they are not permitted to masturbate either; they are properly educated, they don't violate these prohibitions, and the result is growing "tension" or nervousness. Conversely, they violate the prohibitions and feel guilty all the time. There are also many other more difficult conflicts regularly found in the unconscious "compartment" of the psyche detected by Freud. There is no point in mentioning them in passing because you wouldn't understand much. But if you read Freud, you will find the explanation.

In all these situations the person is in a conflict with the environment and with himself/herself and threatened by the most terrible punishments in the family and in society for every violation of that kind. And in such conflicts sexual ENERGY (both Freud and Reich used the concept a lot but never defined it) deforms character, creates rigid spots in it and finally builds a hard armor. How does it do it? By "traveling" from the unsatisfied sexual desire to the creation of rigid spots in the character, the sex drive has undergone a transformation, it has transformed itself into negative emotions - aggression and destructive impulses. Therefore, in the absence of satisfaction sexual energy was channeled in the wrong direction, argues Reich.

(Note: reading the comments on the blog I discovered that the readers were superficially reading my interpretation of Reich's text and uncritically followed the quoted Reich's interpretations of sexuality having accepted that from psychological references, whether worse or better, which they have read so far. Therefore, please pay attention to my critical comments, now provided briefly, on Reich's interpretation of sexuality as the main cause of all mental problems and the main cause of the development of the ARMOR. Now the main topic is the EXISTENCE

of the muscular and character armor, and not the cause of its development, so please keep that in mind.)

You see how difficult it is to follow this explanation although I have summarized and simplified it as much as possible. The main reason for this is the fact that all the pieces of the mosaic are not in place and that some are missing... However, this is indeed a fantastic description of the problem and there is also, to an extent, a causal sequence; by breaking the MUSCULAR AND CHARACTER ARMOR through therapy the life of many people can be made easier and improved, and that is precisely what happened in Reich's practice. As compared to psychology before Freud and partly as compared to Freud himself, Reich made a giant step forward. This is why his contemporaries could not understand him, why they ignored and mocked, and eventually imprisoned and condemned him, and burnt his books (for the sake of correctness, even if this is a short overview, I must say that Reich's not inconsiderable fallacies were also to be blamed for that). Only a decade later everybody "understood" and accepted Reich's theory, primarily as regards the part on sexuality. Unfortunately, only the incorrect part was accepted. The terribly incorrect part on sexuality. The reasons of this are very deep but let us wait for my future books in which I will present them in detail and provide the respective arguments.

Reich's *The Function of the Orgasm* is indeed an interesting book by a great scientist and humanist. Unfortunately, it would be pointless to copy it here in its entirety. Look for it and read it. You will find in it a lot of good psychology and many psychotherapeutic examples. I shall have to limit my considerations to those parts in which I intend to SUPPLEMENT and partly correct Reich's theory.

Stay alive and kicking!

82.

January 4, 2011

CHARACTER ARMOR AND MUSCULAR ARMOR

Wilhelm Reich, vegetotherapy

I shall continue to quote Reich because I see that it helps you to understand what happens when you activate positive energy. In my view, let me stress, the discovery of character armor and especially of the MUSCULAR armor, and their identity, is Reich's most important theoretical and therapeutic achievement. But I shall also add

my own energy interpretation based on my perception and experience regarding positive and negative energy. Let me just remind you, in this context, of what I have said at least a hundred times on previous pages: negative energy always contracts muscles into a cramp, i.e., into an armor in the context of the whole body, whereas positive energy always and without any exception RELIEVES THE MUSCULAR CRAMP. All of you who are not pure beginners should already have felt and experienced this. Because of this experience the notion of ARMOR should be clear right away. Let us say, in a somewhat simplified way, that the armor is the "sum total" of this multitude of cramps occurring in all the parts of the body.

Most of those familiar with Reich's work are mainly concerned with Reich's theory of the function of the orgasm which I will analyze very critically in my next book. The others are impressed by Reich's discovery of the "orgone", a special vital energy which also has its negative counterpart in the "dead orgone". In this regard Reich and I drew closer, a little, but also drew apart to a considerable extent. This point will be discussed in due time. Reading the numerous web pages on Reich I have not come across anybody referring to his brilliant sociological-psychological study *The Mass Sociology of Fascism*, in which he explained the link between a dictatorial, tyrannical leader and the pathology of the character of individuals who, when they reach the critical mass, become a crowd wanting such a leader and accepting his tyranny. Although Reich wrote about Hitler and fascism, his analysis can also be applied to some democratically elected, obviously pathological leaders, also present in our time.

But let us return to armor and quotations. We next come across Reich's term "vegetotherapy" with which Reich denotes his specific treatment technique, that is, therapy with which he endeavors to eliminate (destroy) the character armor and the muscular armor [*underscored by S.A.*].
The vegetotherapeutic treatment of muscular attitudes is linked in a very definite way, with work on character attitudes. If course, it cannot be said that it takes the place of character analysis; in fact, it supplements it or, more precisely, represents the same activity unfolding in the deeper layer of the biological organism. It is well known that the character armor and muscular armor are completely identical. Therefore, vegetotherapy can rightfully be called "character analysis in the sphere of the biophysical functioning of the organism".

The consequence of the identity of the character armor and the muscular armor is reflected in the fact that character attitudes can be dissolved by destroying the muscular armor and, conversely, that muscular attitudes can be dissolved by destroying the character attitudes. A therapist experiencing the power of muscular

vegetotherapy is greatly tempted to forgo character analysis to the advantage to the former. Practice teaches us that it is not permissible to opt exclusively for one form of work at the expense of another. In some patients work on muscular attitudes will prevail from the very beginning; in other cases, character analysis will come first. In a third group of patients work on character will proceed concurrently with work on muscular attitudes, but both techniques can also be applied in alternation. In all cases, as treatment approaches the end, work on the ***muscular armor*** *becomes more extensive and more significant. Its task is to arouse the functioning of the orgastic reflex which is naturally present in every organism, but repressed or disturbed because of disease.*

...

In order to explain these attitudes we shall use an example. Uniform, undulating, rhythmic movements involving the whole body are typical of snakes or worms. Let us imagine paralysis or blocking of a part of the body which is not, therefore, capable of participating in the rhythmic movement of the whole. The other parts of the body - although they are not paralyzed or blocked - are no longer capable of moving as before; therefore, if one muscular group stops working, the whole rhythm of movements will be upset. Because of this physical stimuli must operate as an undisturbed, unique whole in order to ensure the entirety of physical harmony and mobility.

Regardless of man's potential mobility, his entire posture and mobility will be blocked if the pelvis is no longer mobile. The condition for orgastic reflex is the free transfer of the waves of the stimuli and movements from the vegetative center towards the head, neck, chest, stomach and legs. If the wave runs into an obstacle at any point, and stops or slows down, the whole reflex will be disturbed. As a rule, patients have several obstacles and inhibitions of the orgastic reflex emerging at different points of the body. ***The throat and the anus are the two points where we meet them regularly.***

Technically, the procedure involves the detection of the seat of orgastic reflex inhibition and the reinforcement of the inhibition; after that the body finds the natural flow of the vegetative stimulus on its own. The "logic" with which the body establishes the overall reflex is amazing. For example, after dissolving the rigidity of the neck or the cramp of the throat or chin, impulses will appear as a rule in the chest or on the shoulders; soon thereafter, the respective inhibition will suppress even these impulses. After even this inhibition is dissolved, impulses will soon appear in the stomach area and they will also run into an obstacle at a given moment. The therapist can quickly see that the establishment of the vegetative mobility of the pelvis is impossible if the inhibitions in the upper part of the body are

not previously removed.

This description should not at all be understood schematically. To tell the truth, any elimination of the inhibition opens up the possibility for the appearance of a mild vegetative impulse "lower in the body". At the same time the cramp of the throat can sometimes be dissolved only after the appearance of a strong vegetative impulse in the stomach area. With the emergence of new vegetative impulses so far hidden inhibitions become unequivocally clear.

...

The most significant means to provoke the orgastic reflex is the breathing technique which appeared almost of itself during my work. No neurotic patient is capable of exhaling in a single, deep and even breath. Neurotic people make up the most different ways to prevent deep exhalation. They exhale "convulsively" or as soon as air leaves the lung quickly bring back the chest into the inhalation position. This inhibition is located in the upper or middle part of the stomach.

Let me repeat: a cramp in any part of the body reduces mobility and the harmonious functioning of the WHOLE body. As I discovered, the activation of positive energy shows that cramps do not affect only muscles; as I explained several times in previous chapters; cramps affect ALL TISSUES: blood vessels, ligaments, bones, organs and especially NERVES (we can freely add blood as well and other body fluids). All the nerves, in the brain, in the spine and throughout the body are severely damaged by negative energy. In some patients Reich's vegetotherapy managed to break two armors - the character armor and the muscular armor. For the patient this meant major improvement of the quality of life and relieved his problem, but this was still far from the progress brought by the activation of positive energy. Even the best vegetotherapy could hardly reach the other tissues because, let me repeat, all tissues and organs are "armored", and "armored", contracted nerves are the gravest problem.

On the other hand, by stopping negative energy and activating positive energy (the "merry magic") we penetrate all tissues, especially the nerves. Most important of all, this cures the brain, the central nervous organ, the physical organ of the mind. I believe that only positive energy can heal the nerves. Whoever has suffered from a disease affecting the nerves (whether in the leg or in the head), knows that the only "remedy" which medicine can offer are painkillers and rest. We know that painkillers don't cure anything, they only break the nervous connections so that you don't feel pain any more although it is still present, while pain never stops with rest and over time. If you consider again the experience of my readers (and my own) described in this book, and your own experience with positive energy, you will see

that all the tissues are really cured; this happens very gradually, as it should in order to be tolerable because this is an immense "job". At the same time the psyche is also cured in reflective and emotional terms.

In particular I would like to highlight the experience of RAGE felt by all people when they start practicing the "merry magic" already after a month or two. Then rage disappears relatively quickly after the adequate application of "step 1" in all its variants. All these are great, huge successes and improvements achieved without the guidance of a therapist. When you read Reich's *The Function of the Orgasm* you will see, in the described examples of the therapy applied, how tough the therapist's job is and how much time he needs before the patient starts to permit himself a display rage, and the effort required to moderate the rage. You have experienced that your rage begins to emerge even after about a month of applying the "merry magic", and then disappears very soon. The point is the following: by proper energy action we are at the very SOURCE, at the CAUSE of the problem.

Only after understanding the idea of the armor and the fact that (stratified) armors are your reality, you can imagine the difficult situation facing the normal, average individual and the magnitude of the problem which you started to solve by positive energy, by the "merry magic". Both are immense. Consequently, we need not be surprised when we fail to reach the "blessed" condition after just a couple of months of "merry magic". We need to understand that years are actually necessary for a complete cure because the physical tissue (the body, matter) require specific time for renewal even when our mind already has a clear idea about some things. However, THE MIND CANNOT UNDERSTAND EVERYTHING while the physical tissue is cramped. But the mind is faster than the body, and only the mind can produce the impulse for release from negative energy, and we can progress just as described by Reich in his outline of vegetotherapy focused on the muscular and character armor. The psyche progresses a little, then the body progresses a little, and the alternate sequence continues.

Just as Reich pointed out, the analysis of character should go hand in hand with the breaking of the muscular armor; analogously, our energy work, the practicing of the "merry magic", shows that total mental clarity is only achieved with a totally healthy and functional body (in all the segments of its tissues and organs). This brings to the well known adage "a healthy mind in a healthy body". We can develop this further and say that the mind which has understood the essential point (its own geometry) will start to cure the body, and the increasingly healthy body will allow the mind to reach the deepest and the truest perceptions - and love. The goal we want to achieve with positive energy is incomparably higher and more far-reaching than the goal set

in any psychotherapy. Our goal is total cure in all the aspects of our being, a cure producing a completely harmonious and beautiful person. Can this be achieved quickly?

In practical terms, what is important is the fact that the first results in our process can be observed very quickly, and that we can observe that this is connected with the regularity and frequency of our "merry magic". Any reasonable person should spare no effort in continuing such practices because the first results will certainly be followed by new advances, as the experience of the readers I have mentioned so far have shown. So much about motivation for the time being.

These three articles with quotations from Reich's *The Function of the Orgasm* are very significant for your detailed understanding of what we are doing and of "how deep we are digging" in activating positive energy and stopping negative energy. Therefore, study them well.

I would like to highlight in particular the importance of even EXHALATION, emphasized by Reich at the end of the foregoing quotation. When you start doing the "merry magic" you very soon reach spontaneous deep INHALATION. I have mentioned this many times as the most important and typical sign that you have stopped negative energy, and deep inhalation represents major progress. After that a lot of time will elapse before you reach EVEN (uninterrupted and spontaneous) EXHALATION. You can't fake that because this is also the result of long energy work on the release of ALL tissues, the most important ones being nerves, from the muscular armor (physical armor). Your exhalation will be broken for a long time and you will feel a muscular cramp, especially in the diaphragm which "chops" the exhalation. But so do the intestines in general which are swollen in all people (the result being an incipient paunch and, eventually, a pot belly) and compress the cramped, hardened diaphragm. The swollen bowel exerts pressure on the diaphragm and rumbles because of negative energy. Pay attention to this symptom and as soon as your bowel begins to howl detect the person to be "pressed" and the unpleasant howl will stop with a minute or two. When you reach, some day, the first SPONTANEOUS EVEN EXHALATIONS, and when they begin to prevail, that will be a very exact sign that the muscular armor is almost completely "dissolved" and you will know that you have reached the end in releasing your body and your mind from negative energy.

Stay alive and kicking!

83.

Monday, May 14, 2012

The "COMMON cold"?

In the comments after the preceding article you will find quite a few answers to the following question: Are you catching colds (you and your family) after a long regular practice of "merry magic"? Everybody answered that they had not been catching colds, or, if they did, much less frequently than before. Moreover, the colds were much shorter and the symptoms were milder. Over the past six years of blogging I have occasionally asked the same question and the answers have always been the same.

I believe you have not been giving or paying particular attention to this topic and I shall, therefore, analyze it in greater detail.

First of all, here is the usual definition (from Wikipedia):

The common cold

The common cold is a mild, acute viral infection of the respiratory tract. Its symptoms include a runny and clogged nose. The cold is a very frequent disease and it is very easily transmitted when the patient sneezes and coughs. In some cases more severe symptoms of the common cold can even be signs of flue, and if the symptoms persist for longer than a fortnight that is not a cold but in most cases an allergy. In most cases the symptoms are present only about week. In the United Kingdom the common cold occurs most frequently in April and September. It is caused by various viruses, such as rhinoviruses.

The incubation lasts a couple days. In most cases the symptoms include cough, mild fatigue and frequent sneezing. The temperature is usually normal but can also increase to 100 F. The disease affects children more frequently and even a mild cold can be dangerous for small children. Children can contract a cold six to ten times a year (if they attend school, they can contract it as many as twelve time a year); in adults the frequency is about five times a year. The common cold is usually treated by resting, hot caffeine-free drinks. Inhalation can also help to relieve symptoms. The most frequent complications include croup, acute bronchitis, pneumonia, sinusitis... Asthma is also a possible complication.

Let me first analyze the name of the phenomenon, "cold". The name is probably due

to popular use and suggests the cause of the phenomenon - we were cold and the symptoms were not late in coming. "Being cold" is most frequently associated with inadequate clothing, exposure to draft, getting soaked, etc. This somehow coincides with the higher frequency of the disease in the colder part of the year (although we have seen that this is not the case in the United Kingdom).

Medicine refers to a different cause: this is a viral infection and the cold is "earned" as an infection and not because of hypothermia. This is probably why medicine prefers the term virosis.

Therefore, we are supposed to believe science, and medicine is a practical profession based on science. That means that we catch a cold by getting infected by somebody who already had a virus.

But how can I believe what science says about these viruses when a phenomenon with the same symptoms - allergy, is not caused by viruses but by all kinds of things, from pollen through dust to various foods and cat fur?

This does not seem to disturb anybody in medical circles. I have never heard anybody in a medical profession raising questions about the cause of the common cold, that is, virosis (followed by flue, sinusitis, asthma), considering this strange phenomenon, allergy (which currently affect more than 30 percent of population and is expected to reach even 50 percent). Come on: the symptoms are identical, and the indicated causes have nothing to do with one another. Here we have viruses, there food, dust, pollen, etc. Is anybody's brain working, is anybody asking the right questions, is there even a bit of logic? I really don't know. I have the impression that they just take comfort in "strange are the ways of the Lord" - but that would not be scientific at all.

Let us return back to our always inspirational energy experience.

Let us first consider the feeling of cold.

I have rarely written about that so far, I mainly referred to it in comments, probably because you didn't mention that. Maybe you have nevertheless noticed what I am going to describe, I don't know, but the more advanced energy practitioners must have noticed it. (We shall see what happens in the comments after this article.)

We have talked a lot about pains in all the possible parts of the body which seize us when somebody vampires us. In most cases every local pain is associated with a

feeling of cold; it starts gradually and in the beginning you don't even consciously register it as a cold, but you begin to put on additional clothing. If you still fail to understand that somebody is vampiring you, you will also start to sneeze (you have caught a cold, they say!). After you have stopped everybody who is vampiring you at that moment, and you only need a few minutes for that, your temperature will rise rapidly, but not much, and you will begin to strip all the way down to the undershirt. This "fever" will only last several minutes, maybe two or three (but only if you have used the "merry magic"/the "press" efficiently), then your body temperature returns to normal values, you again put on your shirt, and sneezing or dry cough stop immediately. This can happen several times a day. The scenario does not hold good for beginners, it is rather rare in advanced positive energy individuals, and most frequent to those in the middle, where the story can last several years.
What have I just described in the above paragraph? The course of cold symptoms in a mini-miniature. In less than half an hour we have covered the basic course of a person with a cold (suffering from a viral infection, or flue), however in an incomparably milder variant: chill, sneezing (including a runny nose and dry cough), temperature (slightly higher), the return of temperature to normal values and the end of all symptoms. In this way, by applying the "merry magic"/the "press", we immediately repair the damage caused by negative energy without waiting for its accumulation leading to a cold which can often confine you to bed for several days.

Experience tells us that we got the shivers from negative energy and that we immediately, within several minutes, resolved the situation by stopping negative energy and activate positive energy. We were not underdressed, thee were no viruses or bacteria, no allergy or draft.
Therefore, we can only think logically because this is ultimately possible with a mind focused increasingly on positive energy.

Cold, virosis, allergies, and even asthma (there are quite a few medically confirmed cases of cured or substantially improved asthma, especially in children - if their parents, of course, practice the "merry magic" diligently) have the same cause (and so do, let me repeat, all the other possible diseases) - the loss of energy due to a vampire attack, which at the same time means that the patient's energy switches to an increasingly negative spin orientation.

Even the popular term, "cold", indicates the most important symptom - the feeling of cold. Every primary school kid knows that a system loses energy if it gets cold. Therefore, we lose energy if we catch a cold. By neglecting the popular term and using instead the term "viral infection", medicine has lost insight into the main cause underlying the phenomenon - hypothermia, i.e., loss of energy. By choosing the

term "cold" people have indicated that its cause was hypothermia; but they did not understand the reason underlying hypothermia, i.e., they find it in something obvious and supposedly reasonable, most frequently in a form of a draft, rain and inadequate clothing. In that case, any walk in the wind would cause hypothermia (because a draft is a breeze) and that is not the case. Inadequate clothing can be compensated by movement, as we spontaneously do, or by a warm shower, and in such cases we will not catch a cold or get a viral infection. One could really not understand that the basic cause of hypothermia is negative energy. Now with our energy experience we can understand without any problem that external factors of hypothermia are rarely the cause of a cold unless they are really extreme. We can understand that because we have confirmation through our experience in stopping negative energy and activating positive energy. (Apart from fact that we also find the "cause" of hypothermia in stories about ghosts and vampires - do you remember the "cold wind", felt in "their presence"?:))

As regards viruses and bacteria, their presents is unquestionable after we have "caught a cold"; of course, they turn up in large numbers because they are always present, to an extent, in and/or around us. This cannot be denied. But are they the cause or an attendant phenomenon, i.e., an additional complication? Medicine says the viruses and bacteria will multiply in people with low immunity; however, since almost everybody catches a cold several times every year (plus the 30 percent of allergic patients), it turns out that all the people have low immunity. What does that explain? Nothing. What is the cause? No idea. When we mention immunity, medicine turns up again with extensive but hardly coherent story. Therefore, medicine uses a little known phenomenon such as immunity to explain another unknown phenomenon. In my interpretation, viruses and bacteria, that is, infection, are unimportant, they are always here anyway.

My year-long experience (as well as yours) tells me that we don't catch cold after we start to activate positive energy continuously; this means that viruses and bacteria do not multiply in us, energy positive people (although they are present) but other people continue to suffer from viral infections and epidemics still run rampant. Experience also shows that there are no bacterial infections, not those related to a cold, no infections (to mention the most frequent ones) of wounds, the urinary tract, vagina, throat, etc. Obviously, a biological system with a relatively stable positive energy (even if there are falls into negative energy, they are not crucial if they do not last a long time) is not suitable environment for viruses and bacteria (this at the same time means that the body has a good so called immunity). Viruses can strut around me as they please, in many cases I was close to "virus-affected" people, but there was no contagion, because I was regularly STOPPING negative energy. I did

not allow the "virus-struck" to steal my energy, and his teeny viruses hopped around me in vain, as they surely did, because there was no fodder for their multiplication.

Contagion occurs when a "virus-struck" person, that is, a person with a predominantly negative energy direction, steal energy from a person with whom it comes into any kind of contact (direct physical contact, contact by telephone, internet, SMS, emotional or mental contact). The other person loses energy: the first stage is the "cold" (hypothermia), soon followed by the demonstrable presence of viruses and, later, bacteria (this is what medicine calls "complications"). In line with a vampire "food chain", the infected person will find his own victim and steal the latter's energy; the story goes on and then they call it infection. This is true, but the viruses are unessential, infection by negative energy is essential. This is a mechanism of propagation. Viruses and bacteria only take advantage of a favorable environment for fast reproduction. A tissue overwhelmed by negative energy is clearly a favorable environment for them.

But we have not yet reached the full picture of the cold, that is, of the virosis, flue and allergy. Medicine says that this is an "infection of the respiratory tract". I do not agree with that at all. The infection of the respiratory tract is only the consequence. The main diseased site is somewhere else. But medicine (as well as biology) always comes to the last act anyway, and always fails to understand the whole show.
The essential feature of a cold is the the production of huge quantities of mucus, a fluid - in the RESPIRATORY organs, says medicine. The markedly increased quantity of mucus then exits from the nose and descends to the bronchi and the lungs from where it is expelled by coughing. Medicine clearly considers that all these respiratory organs create a surplus of mucus, and I believe that it is not true.

The key question is: Where did this mucus/fluid come from? Why is it produced? It comes from the sinuses, it is usually said, because it is clear that it not produced only in the nasal mucous membrane, while the sinuses are also situated in the forehead and in the cheeks. Another question: How can cavities and holes in the bones (and that is what sinuses are - medicine still does not know what purpose they serve, at least as regards the sinuses under the skin of the face) can produce so much mucus? Because a lot of mucus is really involved. I have not noticed any answer to this question in popular medical publications.

This is my answer: The large quantity of mucus come from - the brain. This means that the brain catches the cold! As we know, the brain is a very soft tissue, and it swims in a fluid called liquor, essential for the functioning of the brain and for its mechanical protection. The brain is fairly large and there is plenty of liquor even in

normal conditions and especially when it is secreted at an increased rate. Try to imagine the large quantities of the fluid which we snuffle out or cough up in a week. What is more probable: that these quantities developed in a small bone cavity such as the sinus and its lining, or produced by a much larger mass and area, such as the brain, in defending itself from negative energy? Why does the brain secrete much more fluid than usual and it cannot be drained normally as when we are healthy? Because it is traumatized, attacked, hurt, "inflamed" or - the brain has a cold... This is what fills the sinus cavities, this is what slides down your palate to the lungs and deposits there; of course, it has to get out by snuffling and coughing and at the same time viruses and bacteria hatch in these mucus deposits. And then medicine saves us with poisons to kill bacteria, which poison you too, by focusing on the wrong side, the respiratory organs. Just as usual, medicine deals with a consequence: sure, at least it reveals the pain, something that certainly is not to be neglected, but the problem remains - not understood and not solved, and get bigger with every next cold.

I have already explained the "cold" as a loss of energy. But where exactly do we lose energy in our body? We lose it from the brain.

Therefore, in my understanding based on energy insights, the cold is the reaction of the body to the attack of the brain. And that is energy attack, that is the penetration of negative energy into the brain, from which the brain defends itself with an increased secretion of fluid. After all, this is the way all tissues defend themselves - every inflammation, and mechanical injury, includes a phase of swelling of the diseased/injured site, and that means increased fluid accumulation. Among other things, this also results in pain because of increased pressure, primarily on the nerves of the affected site. In addition to fatigue and prostration (general loss of energy) a severe cold is also distinguished by headaches - the pressure of the liquor on the brain is great and it hurts.

Therefore, when you have a cold, your main problem lies in the brain rather than in the respiratory organs. The brain is attacked by negative energy, swells, secretes increased quantities of fluid which must get out because otherwise your head would break. And where will it go? It will take the shortest routes, down the nose and the throat.

The cold is the milder inflammation of the brain.

Don't be deceived by the "milder", this is sufficiently serious and dangerous. Unlike adults, who suffer from all kinds of discomfort and necessarily, swelling all over the

place, from the very beginning children suffer most from cold. In line with the foregoing, this means they suffer from energy attacks on the brain. The brain is the center of the system and it controls everything in the body, and this means that the cold is anything but a harmless discomfort. Colds are supposed to be normal (!!!) six to twelve times a year (in children, five times in adults); if we add more than 30 percent of allergic persons suffering from the same symptoms several months a year, it becomes clear that an energy attack on the brain is a very, really very frequent situation, much more frequent than fifty years ago, when allergies also, so to speak, did not exist, and when colds were also probably less frequent, if comparative statistics are available at all. It is also clear that the colds threaten mainly children and their brain. An this occurs several times a year. Would it be reasonable to expect this to pass without grave consequences for the body and the psyche? For metal activity, for intellect and intelligence. Consequently, the brain is primarily concerned with saving the body, and that leaves the brain little strength for thinking, the activity we are so proud of as a species.

In this way we have reduced the three possible causes of cold mentioned popularly and medically - hypothermia, infection by a legion of various viruses and bacteria and hundreds of various allergens - to a common denominator, that is, a common cold. This is necessary because it refers to the interpretation of identical symptoms. Indeed, the same symptoms cannot be caused by hundreds of different cause, because several hundred viruses, bacteria and allergens are involved. These hundreds of "causes" are present, but they are not causes, they have just "taken advantage of the mess" - somebody else has broken the shop window and they are only stealing sneakers. When you assume the wrong cause, you get the wrong treatment.

Why does the number attacks on the brain increase all the time? Medicine claims that the brain spends 24 percent of the energy of the body at rest. They probably measured this properly. If it does, that means that there is at least so much energy in it. Maybe even more in children. Therefore, this is the most "worthwhile" site for energy attacks or, as we say, vampiring. Who is vampiring children's brains? I explained that in the book, these are only details.
Therefore, why the growing number of attacks on the brain, why the increasing spread and intensity of vampirism? The answer is fairly clear: our crazy world is more demanding every day, it wants us to work more and more, it orders us to have more fun, to handle more and information (totally unimportant in most cases), to engage in everything more, and more, and more... without any respite. You work all day, you drive your children to all possible places, you work overtime because you can't live on your salary and because you must have this and that... the world is

insanely ambitious in every respect, and we are the world. If you are not ambitious, you moan and curse all those who are, because they are supposed to be (successful) while you are a "failure". In energy terms this is one and the same thing - everybody vampires, either because of misery or because of bad ambition.

In this context "walking off" a cold in order to avoid going on sick leave, or getting fired, is not harmless at all... All these are serious reasons, but if you don't give yourself a chance to recover from cold, you create a very fertile soil for all other diseases, because the brain controls everything.

Now you can conclude how important for your well-being and for the well-being of your children is the fact that you have succeeded - by activating positive energy in a relatively short time, say a year - in reducing and eradicating this supposedly "normal and unavoidable" cycle of several colds a year.

We have not exhausted all the diagnoses associated with the increased secretion of the fluid in the brain. There are still many and they are nasty. Medicine has been successful in understanding that the increased pressure of cerebral fluid, i.e., too much liquor, leads to a stroke; it is also being associated with Alzheimer disease, that is, dementia, meningitis, headache, migraine (just to mention the most frequent problems associated with upsets of the liquor, that is, cerebral fluid) and the number of other pathological mental and physical conditions. But these are already extreme situations when the damage is beyond repair. One should have reacted before, when it all started, with the first colds of the baby which should have not occurred at all. In fact, all the discomforts listed in the previous sentences would not have occurred without cold, and we have empirically confirmed that colds need not occur and that they are caused by negative energy.

Therefore, the increased production of liquor, the "common cold" to use the technical term used in medicine which does not even want to consider liquor in this context, is an elementary danger for everything controlled by the brain - and that includes everything in our body, from mental activity to the last eyelash.

By activating positive energy we have undoubtedly prevented the cold. Let me repeat: my experience, and yours, confirm that; what is even more important, we have "abolished" the cold, not only for ourselves but also for our children. That is the point - the solution of the problem for your children as well, and the guarantee that success has not been achieved the vampire way, that it was not temporary, not "imagined", a "placebo", or anything else superficial critics would be eager to blurt out. The foregoing analysis is my understanding of the significance of our

achievement. The very moment when we eliminate the cold from our immediate family (let us forget, for a time being, the extended family, the grandma and the granddad; I am not going to repeat why and how because that had been mentioned a dozen times), you will make an essential turning point in your life, and your life will turn to welfare, to health. You have eliminated the first and the very frequent disease - the "common cold" - which is an overture to all other diseases. Because of colds the brain loses its capacity of fine control, the capacity of repairing every damage - the capacity it has when it is in PROPER GEOMETRY.

Thus, we have seen that the term used in medicine, "common cold", is totally inappropriate. The cold is anything but common or innocuous as such a term would imply. The cold is a sign of a massive, severe, destructive and repeated energy attack on the brain. The cold is a mild inflammation of the brain. So are allergies.

We have empirically confirmed that there is no cure for a cold but, rather, efficient prevention of the cold, and that is positive energy.
Stay alive and kicking!

P.S. The same story applies to the inflammation of the sinuses, a very frequent and mainly a chronic problem which can also be included into colds, but of a more serious kind. Such cases are usually treated by surgery and antibiotics, and often by anti-allergens. Of course, such "drugs", as is most frequently the case, don't cure anything, but just relieve symptoms. Therefore, by choosing the same drug they suggest the same cause without even thinking of the real one.
And so we have reached the end of the book. Below I am repeating the last chapter from the first *Geometry*... It presents the essence of the theory about positive and negative energy. The experience of my readers has shown that – as we daily struggle with negative energy – we often lose sight of the value and greatness of our goal. So, in order to avoid that, try – again and again – to find inspiration in that chapter. Here it is:

84.
THE FORMULA OF CREATION =
THE GEOMETRY OF THE DIVINE SPARK =
THE GEOMETRY OF THE MIND

It is within your humanity
That you will learn

To recognize your divinity.

(Emmanuel's Book)

At quite a few points in my story I have mentioned God. What God am I mentioning?

The human image of God differs from one culture to another, one religion to another. It also changes over time. Western culture highly appreciates ancient Greek culture because it was derived from it. And how different is the concept of God and of the divine, to us Westerners, from the culture which we think is our source. How truly funny are the religions which absolutize their vision of God as the only correct one, or at least superior to others. All currently present variants of imagining God are simply petrified ideas from the past. However, the concept of God, however inaccurate it may be in its variety in different religions, is still useful – because it stirs something good in us, because it certainly contains the highest truth and the universal law, especially in the expression that God is love.

In this story I have used on several occasions some commonplaces from Christianity, the religion of my tradition, simply because these are spiritual and universal truths and because they are, in their picturesqueness, recognizable and close to many, not because I am advocating or not advocating any religion. The theme of religion is not in this story.

But I did not use only the Biblical thought but also the concept of the chakra – as a basic element in my theory – originating from the Indian spiritual tradition and as interpreted by Barbara Ann Brennan (double chakra). Chakra, cone, vortex, spiral... all these are concepts you will find in various religious and spiritual traditions, ancient drawings produced by prehistoric man in different parts of the globe, in different prehistoric cultures, and in ancient and medieval times until today. It is present in cultures which could never be connected in any way and, therefore, could not take the concept of the spiral from one another... It was always original. A sophisticated regular form such as the spiral kept coming into people's heads, seemingly out of nowhere, since times immemorial, since prehistory when there was no religion or science, right up to the present day.

The spiral is a form you find in galaxies, plant species (sunflower), animal species (snails), in our ear bones; that is the basic protein structure, DNA structure, the structure of subatomic phenomena, the structure of atmospheric phenomena. You will find it in painting, especially in illustrations of religious books, in architecture

... there are countless examples. Leonardo da Vinci was “obsessed” all his life with the study of vortices, from those in the air to those in rivers and streams. All these examples testify that my theory did not come “out of nowhere”, and that it is the apex (momentarily) of a long continuum dating from the beginning of the material world, the living world, through scientific knowledge in different areas. And, as I assume in the conclusion below, it all started from God. From the absolute mind, the creative mind. Therefore, much before the appearance of life on Earth, and not just from prehistoric man, or even before him, from bacteria, sunflowers, snails or galaxies. Because the complex spiral structure which I have defined as a “fully developed definition of the divine spark”, can only be found in the mind, not in the material world.

The title of this book, *Geometry of the Divine Spark* – is not a metaphor.

The “Geometry of the Divine Spark” is a mathematically accurately described formula of CREATION.

We, human beings, use the geometry of the divine spark to CREATE ENERGY. I have researched and proved that formula.

Energy is everything that exists.

If we, human beings, thus create the essence, energy, then God creates the same way. Because God also creates energy. Energy is everything that exists. $E = mc^2$.

This is the logic that reaches out to the basic Christian thought that man was made in God’s image: *“And said God: Let us make man in our image, after our likeness” ... So God created man in his own image, in the image of God created he him”* (Gen, 1:26-27).

The image whereby we are in God’s likeness is the GEOMETRY OF THE DIVINE SPARK described and explained in this book.

The essence of negative energy has also been explained, because people have been wasting and destroying the world with negative energy since ancient time. The negative energy of destruction and consumption is the definition of EVIL. This is the world in which we live.

Let me first explain the term “DIVINE SPARK”. It is used in different spiritual,

mystic and religious interpretations, predominantly in Western cultures. And there it truly functions as a metaphor, that is, as a description of the intuitive perception of our unity with God. It is not my intention to accurately describe these traditions, so I'll just say, approximately, that those who use the term, the metaphor of "divine spark", understand God as Light, as a source of divine light given by God to every being. This spark, this light is captured in matter, and the mission in the life of all corporeal beings is to release light and thus establish a link with God, return to God. Other interpretations imagine the "divine spark" as the essence of the soul or as a vital force ... I don't want anyone to carp about the inaccuracy of this description. In this, verbal way, it is always inaccurate, and essentially inaccurate in any spiritual tradition. Essentially, I think that the term "divine spark" is saying the same thing as the foregoing quotation from the Bible. Since it also has a poetic force, I found it very adequate and I selected it for that reason.

My definition of the "divine spark" goes beyond the metaphor, it assumes a GEOMETRICAL, that is, mathematical quality, and because of that the "divine spark" is no longer an intuitive perception. It is a theory. THE MATHEMATICAL THEORY OF THE HUMAN MIND. And of God's mind as well, I think. I simply could not resist mentioning that link. If you think that the theory has been demonstrated by your personal experience, and by the experience of thousands of my past readers available through their blog comments, you cannot but reach the same conclusion – that the theory expresses a NATURAL LAW. A natural law of the highest level, and that is the DIVINE law. Now, after everything, I think I can link up these incompatible (as some would think) categories, the natural and the divine law.

What does GEOMETRICAL DEFINITION mean? Geometry is one of the oldest branches of mathematics; its beginnings date back to Mesopotamia and Egypt three thousand years before our era. Geometry is a science about figures (bodies) and their properties, relations between them, and properties of space. Geometry also studies transformations of bodies (rotation, reflexion, translation) and their symmetries. The cone is one of the basic geometrical bodies (figures). Rotation is a geometrical transformation.

What is the "geometry of the divine spark?"
DEFINITION: *The geometry of the divine spark is a complex geometrical figure made up of two cones, connected at their apexes (tips), developed by MENTAL spiral rotation from the cone apex along its surface in a clockwise direction (the direction as I explain it in this book). This is the basic unit of shape. The full geometry of the divine spark involves two cones connected at their apexes, two more*

paired cones added on top at the right angle and, perpendicularly, the third pair. The axes of these cones match the three-dimensional Cartesian coordinate system (*with an important difference: all the axes have a positive sign).*

This is dynamic geometry because the cones move (THIS IS THE MOTION OF THE MIND PERFORMED BY THE MIND). The motion starts at the common apex of all cones (matching the zero point of the three-dimensional coordinate system) clockwise (as I defined it in this book, because the direction is essential). The illustration on the last page of the book shows this fully developed form of the geometry of the divine spark.

The INTERPRETATION of the geometry is extremely important. An interpretation giving MEANING to it. And I arrived at interpretation empirically, i.e., by experience and observation, by full awareness of the experience. Therefore, the meaning of the foregoing dynamic geometrical form is the following:

When you visualize in your mind the rotation of the cones paired in this way – we can also call them, spirals, as well as chakras, this PRODUCES ENERGY, CREATES ENERGY. In physics the measure of this rotation is – frequency. I have called the energy produced in this way POSITIVE ENERGY. It has a POSITIVE FREQUENCY. This brings us to the realm of quantum physics because all this happens in the mind and in the body, but at the subatomic level.

The geometry of the divine spark is the structure of the CREATIVE MIND. Of the creative human mind and God's mind (which is creative by definition).

With this very precise GEOMETRICAL DEFINITION my story got a rigorous mathematical formula, that is, the most rigorous SCIENTIFIC FORMULA. "Along the way" I also found arguments in other sciences, and interpreted some essential psychological tents in an entirely different way. This theory will revolutionize our culture, and science is a part of it. Of course, provided there are people who will live, practice and thereby demonstrate on a daily basis the reality of the geometry of the divine spark.

But let's go back to the creation of energy and frequency as the measure of energy. It can realistically be assumed that we, corporeal beings, cannot reach such a high (positive) FREQUENCY such as enjoyed by God; therefore, we are not given the possibility of "creating the world" given only to God. But we can CREATE, continuously and always create ourselves and, therefore, our environment. The

creative principle is what establishes our harmony with God, and we can therefore say that, by creating POSITIVE ENERGY, we cooperate with Him and support His great creation, the Universe. Therefore, we create in our domain just as God creates in His. There is no receiving of energy from God or the Universe, as you have read in many books. We don't receive anything, ask for anything, take anything or give anything. Rather, we CREATE, just as God does, with our mind structured in line with the geometry of the divine spark. This is neither giving nor taking, this is – CREATION and COOPERATION. In this way everything in our world has fallen into place, everything has become Good. CREATION is Good. CREATION is Love. CREATION is Positive Thought. Positive Thought is Love. Positive Thought is Positive Energy.

More accurately, when the mind thinks systematically of this dynamic GEOMETRICAL FORM, which I have called "the geometry of the divine spark", that is, the double rotating chakra, or the double rotating cone, the mind structures itself, becomes the creative mind. THIS thought at the same time creates a single emotion, and that is love – a divine emotion. There are no longer bad emotions, there is just one, supreme emotion – love. At the same time this divine thought/emotion structures the human body, in particular the brain, that is, matter, in an optimum way in terms of absolute health and functionality. At the same time THIS THOUGHT CREATES ENERGY. Because nothing is possible without energy. The great essential mental and physical changes experienced by those who apply the geometry of the divine spark (and those around them) would not be possible without the creation of energy, without an essential change of the energy condition. We are talking here about POSITIVE ENERGY as opposed to negative energy prevailing in our world.

This warrants the conclusion that the clockwise rotation of the double chakra or of the double cone is no "technique". It is the correct structure of thought. It is the correct structure of the mind. When the mind systematically thinks such a thought, it structures itself correctly. The MIND CREATES ITSELF. The term "correct" as used here follows the mathematical expression of my theory, it is the correct solution of the equation called Life. In descriptive, philosophical-ethical terms, "correct" in the foregoing sentence means "life-bearing", "what creates and supports life", "what brings good to EVERYBODY".

Everything has been resolved by one stroke of the mind. By creation of the mind. I believe this gives me the right to give that thought the name of dynamic geometry of the divine spark. Maybe I could also ask for a little "support" from the great philosopher Imannuel Kant, who says that geometry is absolute, that its truthfulness

is perceived a priori. WITH THE INNER PROPERTY OF THE MIND. I understand Kant's claim about the geometrical, inner property of the mind as a statement of the geometrical definition of the mind. The mind is geometrical. If it is creative.

Geometry of the divine spark = Creative Thought = Love = Positive Energy = Creation = Good.

This is the equation. Every member is equal to all the others. Every member is AT THE SAME TIME every other member. All that is one and the same. All that arises at the same time by application of the formula of the divine spark.

The geometry of the divine spark is Creative Thought. Is Love. Is Positive Energy. Is Creation. Is Good.

This is the formula, expressed geometrically, of CREATION. The formula of the creation of the World, of the creation of Man. God creates the world and man needs to create himself, to be in the image of God. So that human mind is in the image of God's mind.

Thereby, by Creation, we are in God's likeness.

Should I have avoided this "link-up" with God, and just stick to the geometrical structure of the human mind and its creative essence? Because that could be proved and it has been proved. Would that have been a "cleaner job", as it is sufficiently demonstrated and strong of itself? Certainly, I could have avoided a link-up with God's mind, but I (brought up atheistically) did not want to. Of course, the part about God's mind is an assumption. Candidly, I could not resist it, because now I find this identity between God's and the human mind quite logical and obvious, accessible to the sound mind. I am trying to explain it in this conclusion.

After everything I have written in this book, after all the so far collected empirical checks and proofs, I may present such a sequence of thought and such a conclusion. Primarily because the part about the structure of the human mind has been empirically demonstrated. And because a DETAILED instruction, by means of which EVERYBODY can CHECK these claims, this theory, has been presented.

An important requirement in the philosophy and methodology of science is that every theory must be verifiable by others (other scientists) against the methodology of the theory and the perceptions and laws of that science. This is why I am

highlighting the foregoing sentence on VERIFICATION. Because daily verification by the readers in line with an accurately described method has already produced a lot of evidence about the "geometry of the divine spark" and its creative properties.

And so I found what I had been looking for all my life. I have perceived the "other" reality which I always conjectured. A reality in which love, goodness and beauty are possible. A reality which leaves no scope or possibility for fear, violence and all other ugly things. A reality with no duality, no "good" and "evil". A reality in which only good, only love can exist. A reality that is not faraway among the stars but here with us, where it has always been. We just didn't understand it, and did not live it because of that. Even more importantly, I realized how simple it is to get to that dimension and stay in it, and that this is a "task" absolutely anyone can "accomplish" alone, for himself, regardless of "objective circumstances". These are no illusions or fantasies. I have checked everything I am claiming. Through experience, self-realization. I didn't need any instruments, although there already exist devices that can record almost everything, or maybe even everything I have experienced. You can wait for "x" years for some scientists to confirm my words with their instruments, or you can, today, now, start your own verification. You have everything you need. Now you know everything you need for the beginning. So, cheers! I'm off!

85.

December 2012

Afterword

This Afterword will show you, at least a little, what one-half of this book should have looked like, and did not. And I explained the reason why in the Foreword. There was no room for additional text, and I thought it more important to help you, in greater detail, in "installing" the geometry of your mind through the activation of positive energy... more important than anything. The "instructions for use" were given the advantage over the link with similar ideas in the world of science. I believe that your living, practically hour after hour, the "geometry of the divine spark", is more important than your reading many interesting pages which you will then leave to collect dust on the shelf. But there will also be time for interesting scientific ideas and research. In this respect I have not been able to resist the temptation to insert at least a little of that in this Afterword so that you may get an idea about what I am going to discuss in my following books.

I shall start by quoting the great quantum physicist Max Planck (1858 – 1947). Although you have probably heard of Planck, you may not be familiar with his significance for quantum physics, and that is why I am introducing before that another quotation, a fragment from Einstein's address at the commemoration of Plancks's death in 1948:

Already Greek physicists imagined the atomistic nature of matter, and nineteenth century scientists elevated the idea to a high degree of probability. But it was only Planck's radiation law that provided the first exact determination ... of the absolute magnitude of the atom. Even more than that, he convincingly demonstrated that the atomistic structure of matter is also associated with a kind of atomistic structure of energy, controlled by a general constant, h, introduced by Planck.

That discovery has become the foundation of all research in twentieth century physics and has since almost completely governed its development. Without that discovery it would not have been possible to establish a workable theory about molecules and atoms, and of the energy events controlling their transformations. Indeed, it shook up the whole framework of classic mechanics and electrodynamics, and science has found itself faced with a new task: the discovery of the new conceptual basis of physics in general.

... It is good to see that ... representatives of all those aspiring after truth and knowledge have assembled here today from all quarters... This great ideal, the link that unites all scientists of all times and from all countries, was embodied with rare wholeness in Max Planck. (Albert Einstein, Out of My Later Years. New York, Philosophical Library, 1950).

Now that we have felt Plancks's significance through the respect paid to him by Einstein let us turn to a quotation from Planck's lecture in Florence in 1944:

As a man who has devoted all his life to the most rational science, the study of matter, with regard to the point at which I have arrived in my study of atoms I can only say this much: matter as such does not exist! All matter originates and exists only through the strength of a force which brings atom particles into a state of vibration and keeps this, the smallest possible solar systems of atoms together... We must assume that behind this force there is a conscious intelligent Mind. That Mind is the matrix of all matter.
(Planck, Das Wesen der Materie; as quoted in Gregg Braden, The Divine Matrix).

Planck did not prove, measure, calculate this thesis, or write a formula – and there are legion in quantum physics so that many call him the "father of quantum physics", not "one of the founders" or anything of the kind. He did not prove the thesis but thought it necessary to present it publicly as his deep conviction, or maybe an inspiration for coming generations. Unfortunately, most of the quantum physicists, the quantum physics mainstream, are still obsessed with finding the origin of mass (Higgs' boson), and research into the "intelligent Mind" behind the force which "holds the atom together" has not attracted many. Yet, there are such people as well.

The discovery of the geometric structure of the mind which I have called "geometry of the divine spark" confirms precisely the Planck's mentioned assumption about the mind as the matrix of everything. The matrix needs to be defined, explored and, if possible, quantified. I think I have defined all that, defined very precisely the structure of that "conscious intelligent Mind" which is the "matrix of all things", as Planck assumed. However, he spoke about that conscious intelligent Mind in terms of cosmic dimensions, whereas the geometry of the divine spark proceeded from man and, by analogy, linked man with the universe, the human mind and the great Mind. It has also defined the dynamics of that geometric structure – the way and direction of movement because energy is the subject. This is wave motion, but a very complex one. This is also in keeping with Einstein's formulation in the above quotation:

... he convincingly demonstrated that the atomistic structure of matter is also associated with a kind of atomistic structure of energy.

The movement of subatomic particles describes a wave, or actually one of the spiral forms, and in quantum physics it is mathematically expressed by a wave function. In a three-dimensional space the wave moves in a circular spiral. The spiral can vary, and in the "geometry of the divine spark" it is conical. Thus, the mental energy I am describing is wavy, like the "atomistic structure of matter", but its form is much more complex, more regular, perfectly balanced.

Experience has shown, beyond any doubt – and that implies proof – that such an orderly mental geometry really creates energy and influences the health and the haleness of our body. This means that mental energy influences cells, molecules and, I am convinced, atoms and subatomic particles: such a balanced, ordered mental energy enhances order in material particles and in the cells of our body, thus optimizing their functionality (health). Let me repeat Planck's formulation:

We must assume that behind this force [which moves and keeps the atom together; S.A.] *there is a conscious intelligent Mind. That Mind is the matrix of all matter.*

In this way we have truly reached the "unbearable lightness of being" because by imagining or visualizing this geometric form we created energy we create energy, and that energy influences the atoms and molecules of our body. Indeed, our geometric THOUGHT CREATES – it creates energy, orders matter and provides the energy for its movement. No movement of matter is possible without energy, and any change has its own energy "account". Similarly, the changes of our mood from the depressive and indecisive to the optimistic, realistic and determined, and the improvement of our health, are not possible without energy. I have shown the movement of these energy "transactions" among people, and the material consequences. We see that my discovery is completely in accordance with Planck's assumption and with Einstein's description of Planck's thesis.

I shall indicate two more meanings of the geometry of the mind, of the "geometry of the divine spark". First of all, a meaning that derives from the analysis of that crosswise structure: each spiral pair creates balanced energy, high energy, and in the middle of that crosswise structure there is zero point, the state of rest. This is precisely what our experience confirms: when we stop negative energy and activate positive energy, i.e., establish the geometry of the divine spark in our mind and our body, we basically feel peace. The pains stop, there is no nervousness, no haste, no fear... no hundreds of silly things people usually feel one moment after another. The basic feeling is peace. We have energy for everything because our chakras spin and create balanced energy – but, again, in each energy center there is a zero point, the mathematical definition of what we feel as peace, self-possession, concentration. You can see how easily we are able to connect the geometric structure of the mind with our psychophysical conditions, and that these are logical cause-and-effect explanations. You can't just imagine that, especially not over a longer term. The reality of this feeling is additionally confirmed by the rule that you will always feel peace when you activate positive energy. And you will feel peace as long as your energy is positive. There are no exceptions. That proves the causal link – positive energy is the cause underlying the psychophysical feeling of peace of mind.

And then, a significant quantum aspect – the total value of the wave functions of the geometric structure of the mind, of the geometry of the divine spark. Maybe someone would expect canceling of wave functions in such a complex structure considering the direction of movement, wave collision, phase differences. Incorrect. There is no canceling, but only addition, even when we look only at one 3D structure of this kind, i.e., one cruciform chakra. This is simple addition because

there are no negative values. The values are also added up regardless of the number of cruciform structures in our body, i.e., energy field – and we know that we can "install" countless cruciform chakras in our body and not just the main one along our spine. This gives us a hologram in which each part is completely and geometrically equal to the whole, a hologram that is much more complex and incomparably stronger than those produced by laser. Because of the complete internal balance of each point structured in line with the geometry of the divine spark, and because of the definition of the direction of spin, all the values of all the wave functions in such a system add up. In that regard, we are not in a cartesian coordinate system in which some axes and even whole cubes have a negative sign. The geometry of the divine spark is based on a three-dimensional coordinate system in which all the axes have a positive value, and still with zero in the center. Because of the direction of spin determined in such a sophisticated way there is no negative sign in the geometry of the divine spark. The crucial proof of that is the vertiginous growth of energy when we start to do the "merry magic" systematically – as demonstrated, subjectively but exactly, by those that measured the growth of frequency by a pendulum because after some time they could not devise numbers high enough to express the further growth of frequency. Of course, other evidence includes all those improvements of mental and physical strength which are not possible without a huge increase of energy, positive energy.

I have taken Planck's quotation from Gregg Braden's *The Divine Matrix.* That book was first published in 2007, that is, one year after the *Geometry of the Divine Spark.* It is one in a string of excellent books in which quite a few authors, on the basis of very extensive reviews of scientific experiments and considerations of the greatest past and present scientists, have presented assumptions about a universal energy field connecting all of us and structured, in energy terms, like us ("The Mind is the matrix of all matter", Planck). As Braden's book has also shown, these ideas have been developed on a considerable extent, as if they had at the tip of their tongue what I defined and explored in the *Geometry of the Divine Spark*, and continued to do in this, my second book. I wanted to use the excellent material in these books, in a way similar to that I applied in my first book, and show how the geometry of the divine spark helps to explain, much better, certain important processes and phenomena in biology, molecular biology, medicine... But there no room left in this book, I accumulated almost 150,000 words and said – that's enough.

Nevertheless, for the sake of information, in this Afterword I wanted to refer to some examples from the research of the cellular biologist Bruce Lipton (*The Biology of Belief*), examples from Fritjof Capra's *Web of Life* and James Gleick's *Chaos: Making a New Science*... and I stopped. I could have added two hundred

pages in no time, and in an “afterword” on top of everything! And that was precisely, as I saw, what I could not put in my book. Obviously, I also wanted to put too much into this Afterword. Nevertheless, I have mentioned these books. Read them, they are truly inspirational, and keep looking for others on the same subject, they are there. So, let me conclude with the announcement of my plans.

Plans

I already announced that I would write a book on a completely new understanding of the role of sexuality. I started that research two years ago, and it is in an advanced stage. I did it because, in a way, I “had to”. My increasingly higher positive energy drives me all the time toward feeling real and major problems, toward studying and defining them, and finding solutions.

The subject is extremely important for the successful activation of positive energy – and there are quite a few set prejudices about it, not only popular ones but, even worse, scientific ones as well. The sooner you begin to understand the true meaning of sexuality properly, the better your positive energy will fare, so I need to hurry up and get the book started. In line with the same logic I have already stepped into a third, let’s call it far-reaching and momentous theme, but I will not even name it at present. It is not so urgent because it only becomes topical at a very, very high positive frequency.

My research goes on, obviously and, as it seems, my work is not over yet. I think I must write about what I am doing, and publish that. Although I would like to rest at least a year, but I don’t think it will be possible. I will write as long as I have something to write about, and publish that as long as anybody is interested and as long as a substantial number of people will be willing to read my books. That was the logic underlying the publication of this book, “*Geometry… 2*”.

I plan to write “*Geometry of the Divine Spark 3*” and publish it by early 2015, and I hope I’ll make it (publishers know that authors are not to be trusted too much when deadlines are concerned :)). As I have done so far, I’ll announce (on my blog, mindpositive.bloger.hr) when the book will go to press, because only then you can be sure that it was written.

The double chakra according to little Nevena

Here is the story about a double chakra produced by my niece Nevena, five years old. Drawing No. 1 shows the clear picture of a double chakra in the two-dimensional plane. The direction of one chakra is clockwise, and the one reversed, apparently counterclockwise. It cannot be drawn otherwise in a TWO-DIMENSIONAL representation. You can see the same picture in wine tendrils or on wrought iron fences. The New Zealand Maori also use the pattern in their very elaborate face paintings (drawing 2). It is only THREE-DIMENSIONAL understanding, as I explained it, that shows that each spiral cone in a chakra PAIR spins clockwise; however, since they are connected at their points with a difference of 180 degrees between them, the directions are SEEMINGLY opposite. That is, they are opposite if the observer does not move but looks at them from the same point. However, if the observer rotates 180 degrees, he will see that the other chakra in the pair also spins clockwise.

Nevena's drawing No. 3 again represents the double chakra two-dimensionally, this time in a different way. We see a layout of two spirals, oriented in the opposite direction, a smaller and a larger one, but they are connected at one point just as the tips of the spirals in the three-dimensional representation.

Drawing No. 4 is obviously the picture of the overall energy field; it is oval, as usually adult seers see it, but it is drawn as a wavy "fractal" line and that is something adult seers don't see. In Nevena's case the double chakra motif appears here and there. Altogether, Nevena feels that a new specific structure, the structure of a double chakra, appears in her untidily wavy energy field.

Drawing No. 5 again presents the overall energy field (oval wavy structure) but the motif of the double spiral is more elaborate.

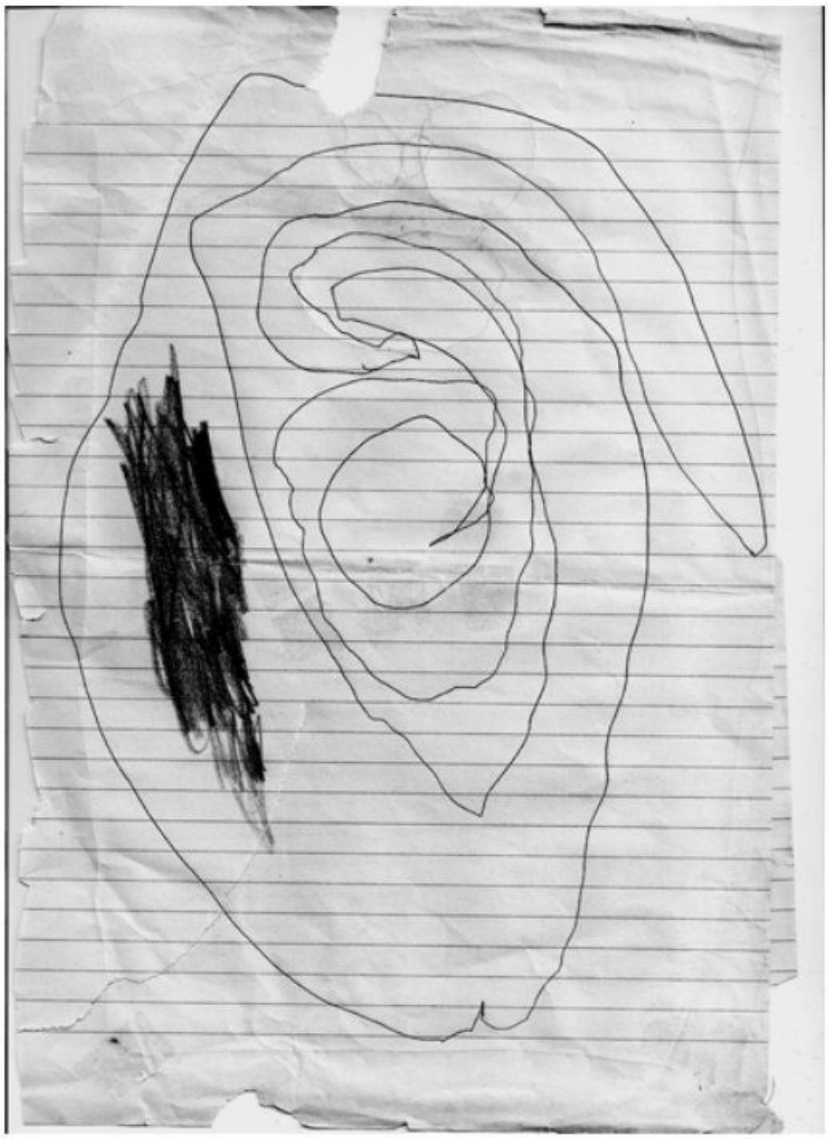
First, a five year old child could not have seen such motifs anywhere, not even on wrought iron fences because Nevena lives in the country where there are no fences of this kind. I doubt that she could have drawn wine tendrils, although they can be seen in her village, but I don't think that they could have attracted the attention of a small child. Moreover, Nevena's spirals are much more complex than the spirals of the wine tendrils - not only those representing the whole energy field but also the first two. What is especially interesting, in drawing No. 1 she connected the beginning and the end of the line, that is, you can't see where she began to draw, she drew a closed circle. Her pair of spirals is always connected into a single whole

(which is not the case in wine tendrils or fence ornaments; but they are a whole on the Maori faces).

I think that Nevena felt the need to express something new, something occurring in her, something essentially significant - her energy began to be transformed into a geometric form of the double spiral, the geometry of the divine spark, because her mom, my already mentioned ally, has been doing the "merry magic" very diligently for several months. I was also often present while she was doing it.

Otherwise Nevena drew the things five year old kids usually draw - houses, the sun, flowers, mom, dad, and sis... but one day she drew these spirals in an old notebook, she drew them just like the Maori artists with a tradition of hundreds or thousands of years.

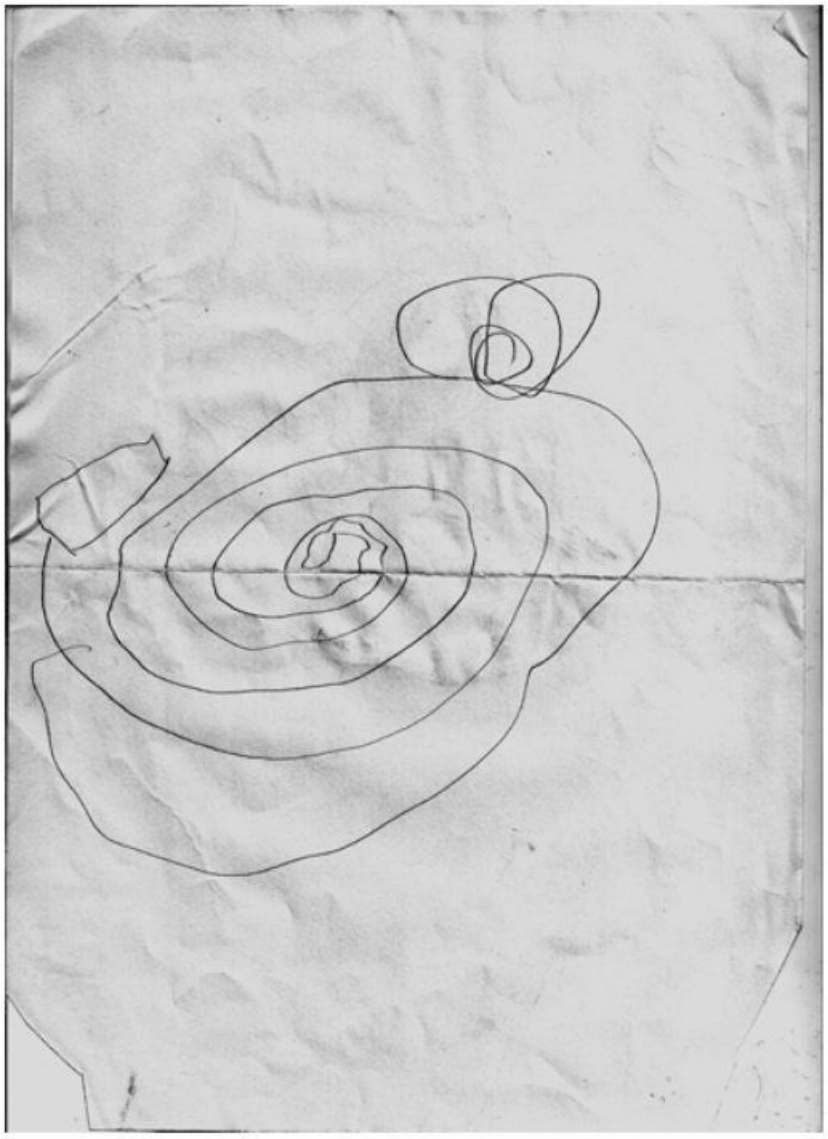
This is a vital, picturesque proof of what I have been telling you - that the form of positive energy, the geometry of the divine spark, is spontaneously transmitted from the parents to small children (by resonance). Thus, it also reached Nevena and she felt the need to draw it because it was terribly important for her.
At the same time it confirms Kant's claim from the last chapter according to which "*geometry is absolute and its truthfulness is recognized a priori by the INNER QUALITY OF THE MIND"* . Nevena's mind spontaneously accepted the structure of the geometry of the divine spark, because that is the inner quality of the mind activated with her mother's impulse and example. Nevena expressed this with a very detailed and correct two-dimensional representation (the three-dimensional representation is too complicated for her, and even you, with all my explanations, would not find it simple. She did it with a series of drawings which are probably unique for anyone but the Maori, and quite certainly unique for a five-year-old child. Nevena had never before drawn anything like that. I don't think she drew a motif she had seen in the phenomenal world; after all, such a motif would not interest her. I believe that Nevena expressed her inner quality of the mind which just began to appear. However, to her (just as to anybody else) it was impressive and quite clear, because she drew everything correctly in two-dimensional representation, although with the uncertain line of an unskilled small hand.



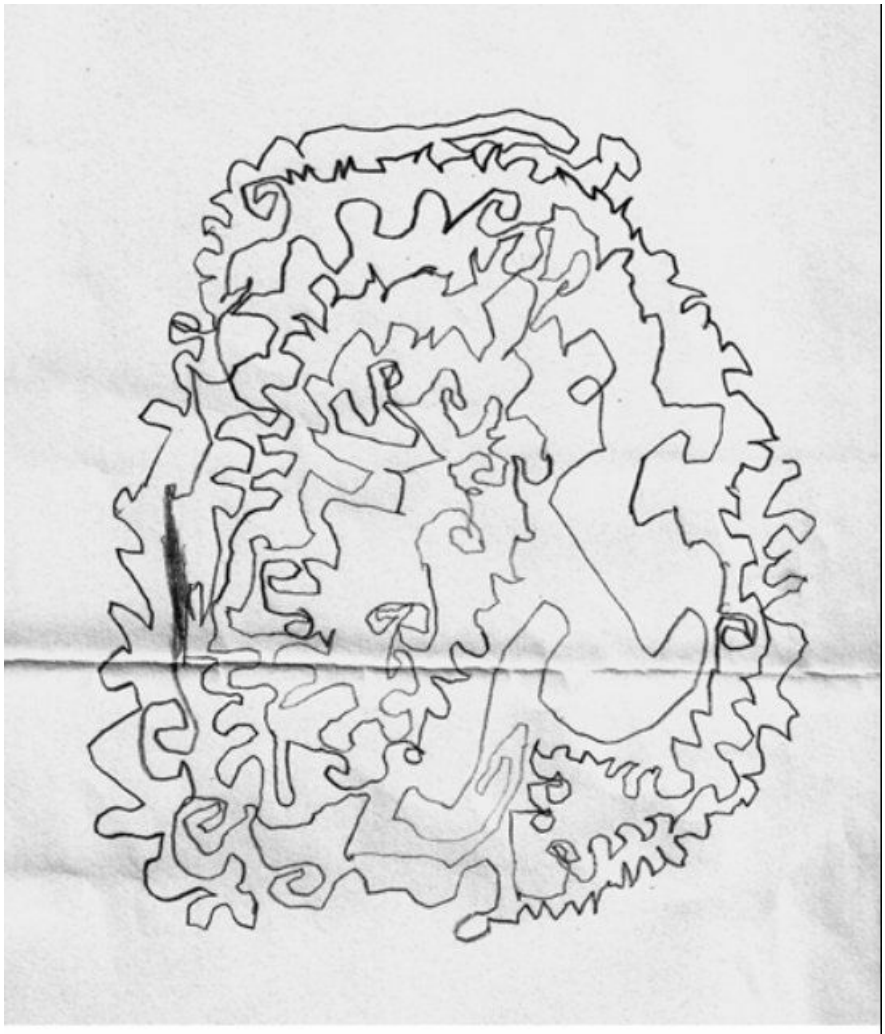
Nevena's drawing No. 1



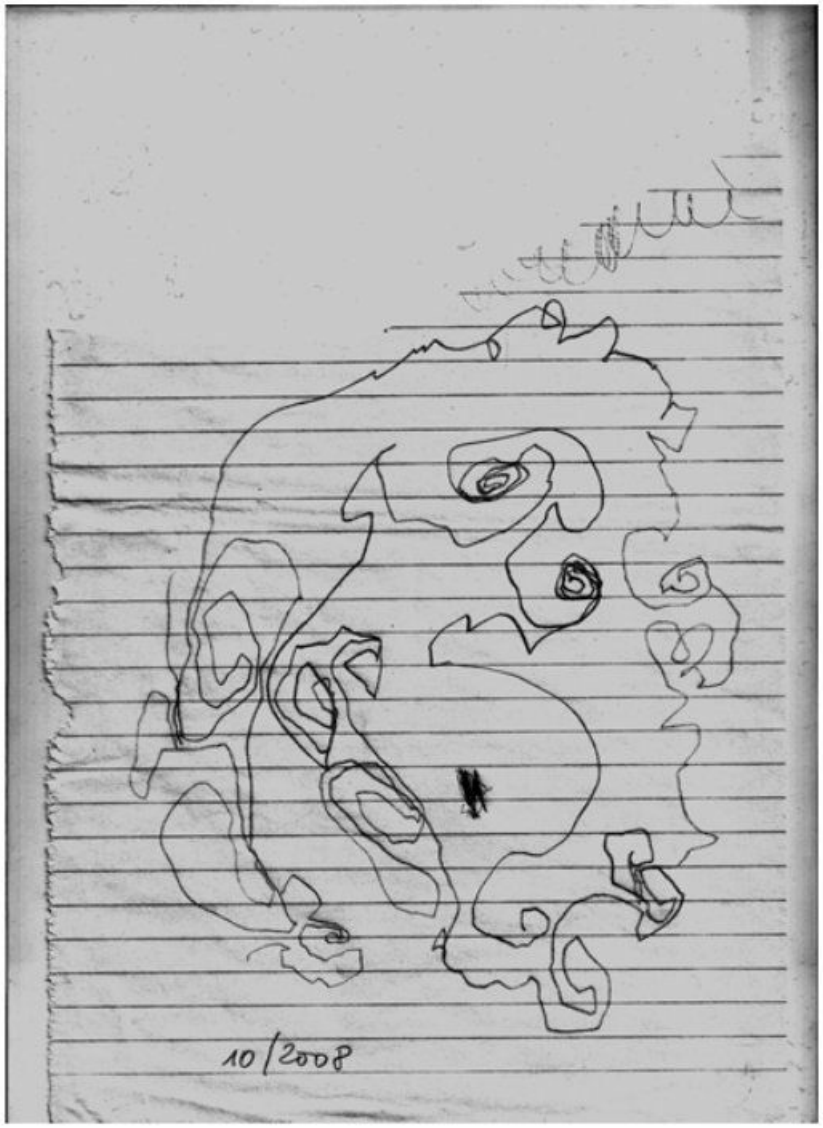
Drawing No. 2
Painted face of a Maori, New Zealand, second half of the 19th century
(Phototèque du Musée de l'Homme via French National Library)



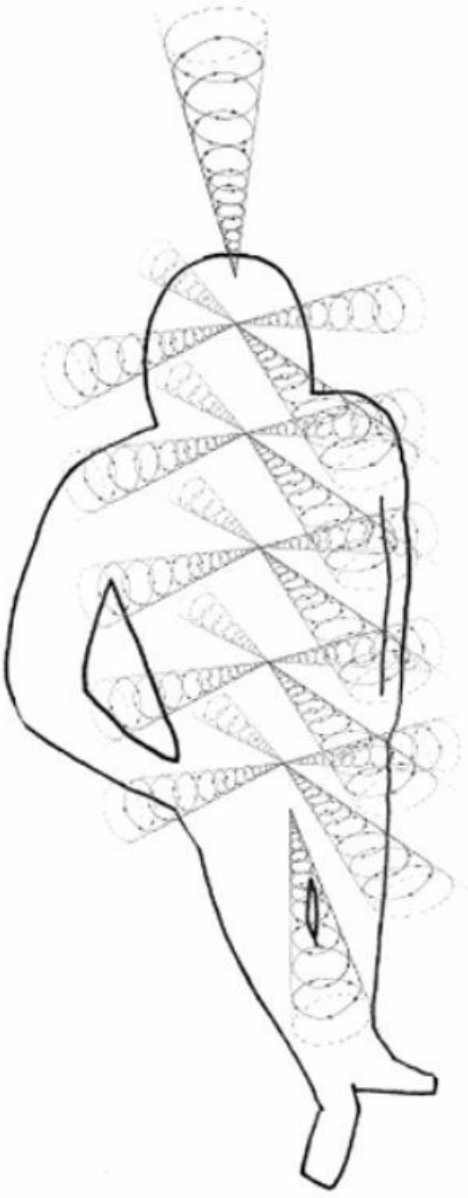
Drawing No. 3



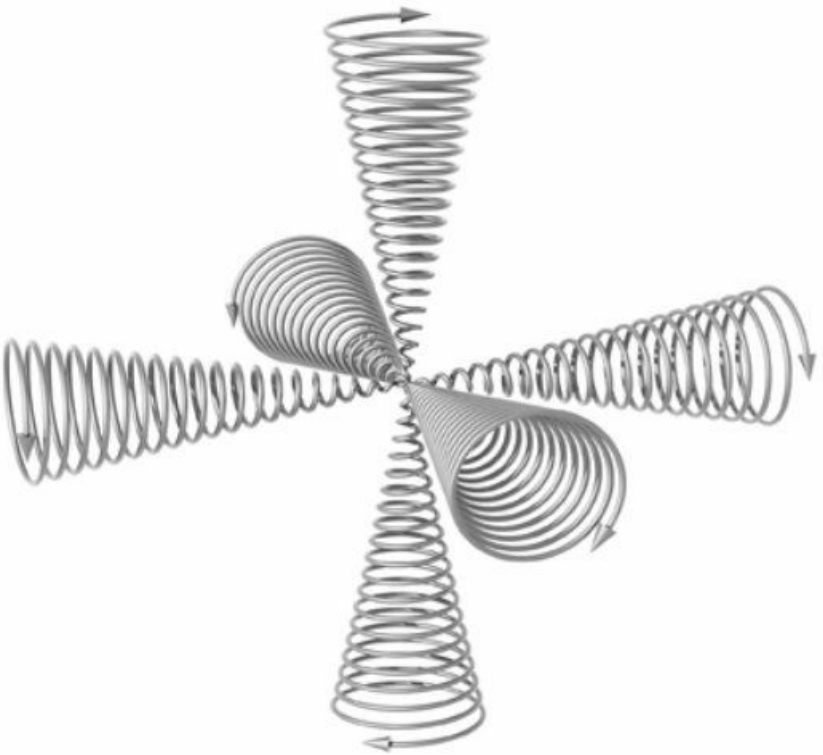
Drawing No. 4



Drawing No. 5



Drawing No. 6
The human silhouette with the main chakras in 3D representation



Drawing No. 7
Fully developed geometry of the divine spark - cross chakra in 3D